EMF Balancing Technique®

*Honoring Humanity*

# Phase I

# ***Wisdom and Emotions***

v. 2010.4

The Team

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## Workshop Checklist

**Assemble the following materials before conducting the workshop:**

Audiovisual equipment: video player and monitor, overhead projector (optional), CD player, LCD data projector (optional)

Phase I and Energetic Body Preparation student workbooks

Forms

Miscellaneous spare materials for students (pens, pads, markers)

Wall charts (if available)

Elegant Empowerment by Peggy Phoenix Dubro and David Lapierre

Massage tables and covers (2 - 3 students per table)

Covers (sheet or other light material to cover receiver)

**Teaching materials:**

Phase I teacher manual

(1) Energetic Body Preparation workbook

(1) Phase I student workbook

Pre-illustrated flip charts (created by EEI – in PDF and PowerPoint formats)

Pre-prepared flip charts (created by teacher)

Markers (various colors)

Transparency or PowerPoint slides (optional)

Music (CD) for practice sessions and meditations

Timer (or other timing device)

Demonstration video with Peggy Phoenix Dubro (Energetic Body Preparation and Phase I).

**Prepare:**

Flip charts (created by teacher)

Training facility arrangements (if necessary)

Schedule of next class dates

**Optional:**

UCL posters, CDs, DVDs, introductory videos and Elegant Empowerment for purchase

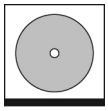
Eye pillows

Silk covers or other appropriate covering for receivers during the practice sessions

Head and knees/ankles supports (pillows, etc)

## Manual Icons

References the page in the student's workbook which contains the information which you are discussing

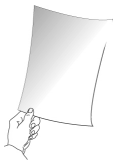
 Indicates you will be showing a video. It is important to highlight what your students will be seeing; inform them if you want them to be looking for anything specific in the video and how many minutes the video will run

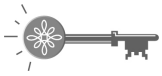
Indicates that the information you are presenting is referenced on the EEI prepared flip chart

*** Indicates that the information you are presenting is referenced on a flip chart that is prepared by you, the teacher

Indicates an optional energy exercise

Indicates a point of transition between topics

 Indicates a handout



Indicates a key learning point and an opportunity for you to emphasize to the class that the information being presented is important

Indicates a musical selection of your choice

Indicates a picture or slide

Indicates especially important information

## Teacher's Template

Note: Prior to the beginning of class complete the Teacher's Template, which is an exercise that facilitates the energetic posture appropriate to teach the EMF Balancing Technique.

**I. Place your attention in your Center Above**

Give the intent for **Descent of Light:**

*"I now give permission to allow the golden energy to flow through the light pattern of the Teacher's Template. I give permission for the pure resonance of this alignment to create the appropriate calibration of being in service as I teach the EMF Balancing Technique. As the energy descends, I become very focused and I Remember I Am."*

**II. Place your attention in your crown center and third eye**

Give the intent for **Wisdom:**

*"I now give the intent for the golden energy to flow through my crown center and the area of my third eye, increasing the expression of my inner wisdom."*

**III. Place your attention in your throat**

Give the intent for **Power:**

*"The words that I speak when I am teaching carry power; the energy responds when I amplify it."*

**IV. Place your attention in your heart center, arms and hands**

Give the intent for **Loving Action:**

*"I give the intent to allow myself to be nurtured first. The energy flow of my heart center intensifies front and back. My movements and touch are pure and activated with love as I amplify golden energy."*

**V. Place your attention in your solar plexus**

Give the intent for **Personal Growth:**

*"As I teach, I discover that each class is different although the material which I must cover is the same. This form of teaching opens the door to expressing greater compassion and patience. Some students will present new challenges to holding my center and new ways to open my heart. Many students will inspire me as I observe the energy of love in action. As I teach I affirm: I am a student also."*

**VI. Place your attention in your creative/sexual center**

The first few times you teach this class you may feel like you have "given birth". Energetically you have, through the expansion of your creative connection to the Unlimited Source.

Give the intent for **Birth:**

*"As I allow my creativity to express itself in this manner, I reap many benefits in my life. As I facilitate this opening for others, I am aware that this may carry a charge of sexual* energy. I always keep my actions clear and appropriate."*

*It is important to be aware that as a teacher you will be facilitating this opening for your students. The conduct of a teacher is equal to the integrity of the work when representing the EMF Balancing Technique®.

**VII. Place your attention in your base center**

Give the intent for **Vitality:**

*"I now give the intent to be well grounded in my body. This alignment keeps me in balance. My base center and my creative/sexual center provide the vitality I need to teach the training."*

**VIII. Place your attention in your Center Below**

Give the intent for **Grounding:**

*"As the template continues down through my legs to my Center Below, I feel confident and ready to stand strong before this class. Connecting with the earth through this center creates an energetic grounding for all the intentions just given.*

Take a nice deep breath

*I now become aware of a flame of energy in the palm of my right hand. The flame is golden, and represents the alignment I transmit to those who choose to learn the EMF Balancing Technique."*

Take a few moments to breathe in the golden vibration through each energy center.

Give intent for this energy to enhance your evolutionary process and as always according to your unique balance.

Namaste Dear Teacher,

Peggy Phoenix Dubro

EMF Balancing Technique®

*Honoring Humanity*

# Unit 1

# Welcome and Day Schedule

**Important notes to teacher's**

**1-** It is no longer appropriate to refer to students as *practitioners* during the Personal Growth training class. Instead it is suggested to refer to the student as ***giver*** (the person who is giving the session). Only those students who complete an Internship Program are considered to be 'practitioners' (Accredited Practitioners).

**2-** Also, the word *client* had been changed to ***receiver*** (the person who is receiving the session), to emphasize that Personal Growth students/graduates do not give sessions to 'clients', as they can only give sessions to family and friends at no charge.

**3-** In previous editions of the manuals, the terms *directing*, *sending*, *guiding*, *channelling* and *opening* were used to describe various processes of working with the energy. The result of all of these processes is an **Amplification** of the energy. For now in most of these cases we have chosen to use the term "amplification" to describe the processes.

# Phase I: Wisdom and Emotions

## Unit 1: Welcome and Day Schedule

Time: 45 minutes

*If you have new students in your class that did not attend your UCL workshop, use the introduction questions written on the flip chart from the UCL and have them introduce themselves.*

***

FLIP CHART
Introductions

1. **WELCOME** students to Phase I of the EMF Balancing Technique Personal Growth training.
2. **ASK** students if they completed their homework assignment (Alternating Sweep). Take a few moments and ask students to share their experience.

*You may need to remind the class of the assignment that you gave to them at the end of the UCL day.*

3. **OPTIONAL ENERGY EXERCISE:**
   - You have a choice of which energy exercise you would like to use. Please refer to the Teacher Support section page 142 for a list of options.
4. After completing the energy exercise **ASK:**
   - How does that feel?
5. **ALLOW** a few moments for feedback.
6. If necessary, invite the class to return to their original seats.

*This is an opportunity for you to be able to reinforce the energy exercises that the students have learned in the UCL workshop.*

***

FLIP CHART Day
Schedule

7. **REVIEW** the day's schedule:
   - Students obligations and Personal Growth Training forms.
   - Review of UCL (Day 1)
   - Introduction to the Arc
   - Arc Alignment
   - Overview the steps of Phase I
   - Video Demonstration of Phase I

*This helps with the flow of the class. Adult learners like to know where they have been, where they are and where they are going.*

- Practice Session 1
- Lunch
- Practice Sessions 2 and 3
- Phase I Session Review
- Summary and Conclusion

8. **HIGHLIGHT** students obligations:
   - The essential goal of an EMF Balancing Technique session is to allow the inner wisdom of each receiver to shine forth. An EMF Balancing Technique giver will always honor the unique nature of each receiver.

9. **EXPLAIN:**
   - When we begin an EMF Balancing Technique session, there is an opening statement:

     *From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin!*
   - The statement allows for just about any belief system as well as honoring the inner wisdom of each individual receiver.
   - It is the receiver and the givers that are doing the work with importance placed on the human to human connection.

*The important point to emphasize is that the other entities that may be present during an EMF session are not there to assist. They are there to observe; their presence is a way of showing their support.*

*The essence of this work is the human to human connection between the giver and the receiver.*

10. **EXPLAIN:**

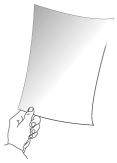
- Each phase of the EMF Balancing Technique must be performed in the sequence that is outlined in the student workbook, to the best of one's physical abilities.
- All steps within each phase must be completed.
- Movements may not be added to or subtracted from the procedure.
- We honor other energy modalities. However it is very important that other energy modalities are NOT mixed with an EMF Balancing Technique session.
- This is important both for the well being of the receiver and for the integrity of the EMF Balancing Technique.

*This is important to stress. At times students have wanted to add to or change the technique and associated movements.*

*Once an EMF Balancing Technique session begins, it needs to be **completed before** other energy work is introduced.*

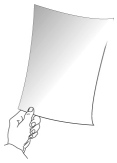
11. **EXPLAIN:**

- I would like to take a few minutes to highlight a couple of items on the following forms.
- If you have any questions as we review please feel free to ask.



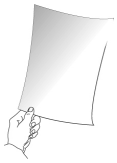
HANDOUTS
-Mission Vision and Values
-Student Information Form
-Declaration of Understanding

12. **PASS OUT:**
    - Mission Vision and Values Form (#PGT3)
    - Personal Growth Training – Student Information Form (#PGT1)
    - Personal Growth Declaration of Understanding (#PGT2)



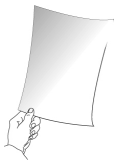
HANDOUT
Mission Vision and Values

13. **HIGHLIGHT** the Mission Vision and Values:
    - Please take out the sheet titled Our Mission Vision and Values.
    - It provides statements about The Energy Extension's mission and vision, and the underlying values of the company.
    - Feel free to display this for anyone to read.
    - In your own time, please read through the Mission Vision and Values.



HANDOUT
Student Information Form

14. **HIGHLIGHT** the Student Information Form:
    - Please take out the sheet titled Personal Growth Training - Student Information Form.
    - After you have finished your Personal Growth Training, you will need to fill out this form and turn it in to me.
    - Please print clearly all information so that it is correctly recorded.



HANDOUTS

Declaration of Understanding

15. **HIGHLIGHT** the Personal Growth Declaration of Understanding:
    - Please take out the sheet titled Personal Growth Declaration of Understanding and please read it through.
    - The Personal Growth Trainings are open to all students who wish to strengthen their connection to the Universal Energy Source, and to know more about their unique electromagnetic nature.
    - As a Personal Growth student you receive training materials that enable you to perform the sessions on friends and family without charge.
    - The Personal Growth Training is NOT a *certification* training. Graduates do not have the right to represent themselves as an EMF Balancing Technique® *practitioner*, nor have the right to use the trademark names EMF Balancing Technique® and Universal Calibration Lattice® and The Lattice® in any way, nor are they *licensed* to perform the sessions professionally.
    - Please fill out this form and sign it now and turn it in to me.
16. **ASK** if there are any questions and respond as needed.

*At this time, please distribute the Energetic Body Preparation and Phase I student workbooks.*

TRANSITION to Description of Student Workbooks

17. **TELL** the class that you will now introduce and briefly describe their student workbooks.

18. **INTRODUCE** and **EXPLAIN** the layout of the Energetic Body Preparation and Phase I student workbooks:

    - I would like to take a couple of minutes and show you the workbooks that you will be using for today's session.
    - The first workbook is titled the Energetic Body Preparation. The second is titled Phase I.
    - Because the formatting of both workbooks is the same, we'll use the Energetic Body Preparation as an example.
    - As you can see beginning on page 1, every step in the process is detailed for you from the beginning stance, to the required movements, to the end position.
    - Also, you will find diagrams and photographs illustrating the various movements and postures which you will be learning.
    - At the top of each page, there is a reference to the step which is being described on that page.
    - The outside column has Phoenix Factors which provide additional information to the information on that particular page.
    - And finally, all the words that you say in the session (intents) are provided for you. These are labeled as "say alouds".
    - The intents (say alouds) are very important and need to be spoken as indicated. These help focus the consciousness of the receiver.
    - Also, these workbooks will remain with you after you have completed the class. They are an excellent source of reference.

19. **ASK** for questions about the Energetic Body Preparation and Phase I student workbooks.

*Hold up a copy of the Energetic Body Preparation and Phase I workbooks as a reference for your students.*

***

FLIP CHART
UCL Review

20. **REFERRING** to the Flip Chart **REVIEW** the following points from the UCL workshop:
    - Opening Circle Exercise
    - Bioelectromagnetics
    - Cosmic Lattice and UCL
    - Back Informational Fibers
    - Core Energy-Unification of the Chakras
    - Front Fibers
    - Carbon-Chemical-Electrical-Light
    - Spiral Sweep
    - The EMF Balancing Technique Light Templates
    - The Alternating Sweep
    - The Energy Activation Symbol
    - One Minute One Step Rush
    - Intro Session
    - Amplifying Energy With Your Eyes Exercise

*Keep the review within a 15 minute time frame.*

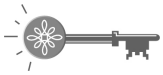
21. **ASK** the class:
    - What does the acronym UCL stand for?

      Desired response: *Universal Calibration Lattice*

KEY POINT

    - What is meant when we say we are calibrating the UCL?

      Desired response: *Calibrating means to gauge or strengthen; what we are doing with the EMF Balancing Technique is strengthening our own personal UCL so that more energy is available to us now.*



KEY POINT

*A short on the spot review to remind the class of these two key points.*

22. **ASK** for questions about the review and respond as needed.

WORKBOOK
Phase I
Pg. iii
Course
Objectives

23. **POINT OUT** the course objectives:

- Please turn to page iii in your Phase I workbook.
- The course objectives highlight the key learning points, key experiences and what you will be able to do by the end of the workshop today.
- Please take a couple of minutes and review the course objectives for today's class.

TRANSITION
to the Arc
Exercise

24. **MOVE** to the next section:

- Next we'll discuss the theory of a unique energy exercise called the Arc. Then using the Arc, you'll experience an energetic alignment.

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# Unit 2

# Arc Exercise and Arc Alignment

## Unit 2: Arc Exercise and Arc Alignment

Time: 1 hour

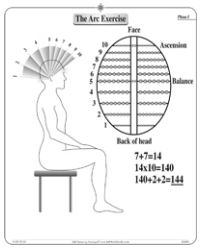
***

FLIP CHART
Schedule

1. **REFERRING** to the schedule, **INTRODUCE** the Arc:
   - We'll now move into a discussion about a unique energy exercise called the Arc and an energy adjustment called the Arc Alignment.
2. **REFER** the class to the Arc Exercise illustration on page 31 of their Phase I workbooks.

WORKBOOK
Phase I
Pg. 31
Arc Exercise

3. **SAY:**
   - As part of our spiritual evolution, our brains will work differently. There will be chemical changes! The Arc exercise speeds up our evolution by accelerating some of the changes that are taking place.
   - The Arc Alignment also allows for an adjustment to the different energy frequencies in the brain that you may encounter as you work with your receivers.
   - Later, I will give you an opportunity to work with the Arc yourself and receive an energetic alignment from me.




FLIP CHART
#3 The Arc
Exercise

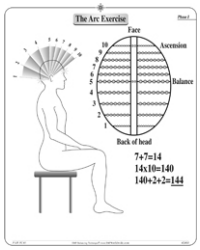
4. **REFERRING** to the flip chart #3 and the Arc Exercise illustration, **POINT OUT** that what the students are looking at is a view from the <u>top of the head</u>. Also, **POINT OUT** the areas labeled <u>face</u> and <u>back of head</u>.

*Pointing to the front and back areas of the head helps properly orientate the students to the image you are showing them.*

5. **POINT OUT** to the class the mid-line which separates the left and right sides of the brain and the 10 bands of energy.
6. **EXPLAIN** to the class:
   - As in Taoist teachings, there are 10 bands of energy on the brain. Each band vibrates at a different frequency and temperature, so it has specific capabilities and characteristics.

- Each band has 7 buttons on either side of the midline on each side of the brain, making a total of 14 buttons. So there are 140 buttons to start with. The buttons correspond to specific areas of the brain, and thus to specific areas of the body.

*Show the specific location of the buttons using the flip charted illustration.*




FLIP CHART
#3 The Arc Exercise

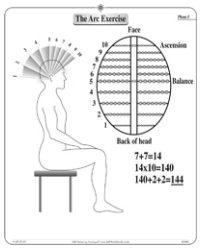
7. **REFERRING** to the flip chart, **HIGHLIGHT** the location of the bands and the distance between them:

   - At the base of the skull, bands 1 - 4 are $1^{1/2}$ inches (3 - 4 cm) apart. They are a lower frequency and vibrate more slowly.
   - The fifth band runs over the top of the ears. It is the 'band of balance', and stimulates calm and balance.
   - Bands 5 - 10 are a $^{1/2}$ inch (1 - 2 cm) apart and have a higher vibrational frequency. Band 10 is the 'band of ascension' and it is located above the third eye area.
   - There is also a midline of the brain, it is the central column.
   - According to Dr. Robert O. Becker in '<u>The Body Electric</u>', there is a concentration of neurons here and stimulating this activates certain hormones which increase our evolutionary pace.
   - There are 4 extra buttons which can be stimulated after stimulating all ten bands.
   - Two are located on the midline of the 5th band and two located on the midline of the 10th band.

WORKBOOK
Phase I
Pg. 31
Arc Exercise

*Point out where the four extra buttons are located.*

- Therefore the total number of buttons is (140+2+2) =144.
- The illustration of the figure sitting represents the energetic flow through the bands.
- It is also interesting to note that this is also reminiscent of the golden headdress that some Buddhist monks wear.




FLIP CHART #3
The Arc Exercise

8. **EXPLAIN:**
   - As you stimulate your bands with golden light, you open additional points of light within the brain which help contribute to your evolution.

9. **ASK** for questions and respond as needed.

TRANSITION to the Arc Exercise

10. **TELL** students that you will now introduce the Arc exercise; which is designed to help them achieve a state of balance and flexibility through the brain.

## Introduction to the Arc Exercise

11. **EXPLAIN:**
    - In the Arc exercise we stimulate each of the 144 buttons by amplifying concentrated golden light with our index fingers.
    - Imagine the golden light as a fine fiber of light going through each of the buttons in turn, amplifying golden light through to the center of the brain.
    - This activates and stimulates our entire brain as well as developing the flexibility of the bands.
    - Once you set the resonance in motion it continues.
    - This is a tool for you as a student to use that increases the activity of your crown chakra and increases your own evolutionary pace.

12. **EXPLAIN** to the class:
    - To perform the exercise, you will stimulate each of your ten bands.
    - To do this, imagine "buttons" on each band which can be pressed and released – somewhat like the valves/buttons on a trumpet.

13. **DEMONSTRATE** what the class will be doing using the first band on your head:
    - I'll demonstrate what I'll be asking you to do.

14. **EXPLAIN** and **DEMONSTRATE:**

- On each band, the first buttons are located on each side of the mid-line. They begin closest to the mid-line and then move outward.
- So, starting at band #1, buttons #1, press and hold for a few seconds and then move to band #1, buttons #2 and so on until you reach buttons #7 on band #1.
- Then stimulate band #2, buttons #1, then band #2, buttons #2 and so on until you reach buttons #7 on band #2.
- You'll continue this same pattern through all ten bands.
- Remember that band #5 is on the top of the head between the ears, and band #10 is located above the third eye area.
- When you have stimulated these 140 buttons, stimulate the two extra buttons on the midline of band #5.
- Then finish with the two extra buttons on the midline of band #10.

*Demonstrate each movement as you describe it, using your own head.*

15. **EXPLAIN** the Arc Alignment:

- While you perform this exercise, I will facilitate an alignment for you. Every teacher has been given this alignment by Peggy Phoenix Dubro to pass on to their students.
- It is important to understand that each individual, in this case your receiver, has their own unique vibrational frequency or resonance.
- This alignment sets up a resonance inside of you so that you are able to amplify the appropriate vibrational frequency for each of your receivers.
- So when I come to you, simply place your hands in your lap and relax.
- I'll then place two fingers of my right hand on your third eye and three fingers of my left hand on your occipital ridge (base of skull).
- Then I'll say:

  *Together, let us amplify golden light, through the nerves, forming an arc of golden light from the back to the front, front to back, back to front, front to back, back to front, front to back.*

  *Now allow this golden light to continue moving at its own speed.*

- I'll then pause for about 30 seconds and then I'll move the three fingers of my left hand down to the back of your heart center, ask you to take a deep breath, and then to breathe out and relax.
- Next, I'll ask you to place your attention at the base of your spine. You'll take another deep breath and as you breathe out imagine, amplify or feel golden energy moving up your spine, over the top of your head and off your third eye in a wave-like movement.
- Then finally, I'll raise the three fingers of my left hand and place them back on your occipital ridge. And again I'll say:

  *Together, let us amplify golden light, through the nerves, forming an arc of golden light from the back to the front, front to back, back to front, front to back, back to front, front to back.*

  *Now allow this golden light to continue moving at its own speed.*
- Then I'll move both my hands away very slowly, and you can continue the Arc exercise from where you left off.

16. **REASSURE** the class that if they do not have time to complete all ten bands, the alignment that they receive from you prepares the bands for them.

17. **ASK** for questions and respond as needed.

## Arc Alignment

*It is very important that the class is clear on the exercise and what you are asking them to do. Once you begin the Arc Alignment, you need to complete it without interruption.*

1. **BEGIN** the Arc exercise:
   - Everybody, please make yourself comfortable; close your eyes, inhale deeply; exhale slowly and relax.
   - Beginning with band #1, locate the first buttons located on each side and closest to the mid-line.
   - Press and hold for a few seconds while visualizing and amplifying concentrated golden energy to the center of the brain.
   - Allow the golden energy to flow in its own unique pattern.

   *pause for a couple of seconds*

   - Next, move to buttons #2, press and hold for a few seconds while visualizing and amplifying concentrated golden energy to the center of the brain.
   - Allow the golden energy to flow in its own unique pattern.

   *pause for a couple of seconds*

   - Next, move to buttons #3, press and hold for a few seconds while visualizing and amplifying concentrated golden energy to the center of the brain. Allow your unique pattern to form.
   - Please continue at your own pace while I come around to each of you and perform the Arc Alignment.

2. **ADMINISTER** the Arc Alignment to each student in turn.

*While the students take a few moments to center, use the 3-2-1 exercise to "tune up" for the Arc Alignment. See Teacher Support section Pg. 139 for details.*

3. **AFTER** completing the alignment, help the class orientate by speaking in a soft voice, while asking them to open their eyes.

4. **SAY:**
   - As mentioned before, even if you haven't finished the exercise, the alignment that I just completed with you has prepared the bands for you.
   - You may do this exercise all the way through tonight for practice.
   - You can use the exercise as often or as little as you want. The more you do it, the more it will help accelerate your evolutionary process and sensing capabilities.

5. **ASK** for feedback from the class.

6. **SUMMARIZE:**
   - We started this morning by discussing the theory of the Arc exercise.
   - We then diagramed the 10 bands with 144 buttons and how to stimulate each button on each band.
   - As you stimulated each band, I came around to each one of you and did the Arc Alignment.
   - The Arc Alignment allows for flexibility in the brain and will help prepare you energetically for the work that you will do this afternoon.

*You may show the illustrations of the head and the bands during your summary.*

7. **ASK** for questions and respond as needed.

8. **TELL** the class that they will now take a 10 minute break. When they return you will introduce the Energetic Body Prep and Phase I, and show a video demonstration of the movements associated with a Phase I session.

**--- 10 minute break ---**

EMF Balancing Technique®

*Honoring Humanity*

# Unit 3
# **Receiver Interaction**

## Unit 3: Receiver Interaction

Time: 30 minutes

This unit contains *copies** for your own reference of the following handouts for students.

*Master files are included in the 'Forms & Handouts Package - Accredited Practitioner Internship (API) I-IV' kit to make photocopies, and as electronic folder you received from EEI, that you can print in high quality on your home printer. (make sure you have the updated version of the 'Welcome' handout dated 2010).

- Welcome - Form #INT31
- Pictorial Review of Phases I-IV - Form #INT32

1. Make photocopies or print out your *master files* and hand them out to your students.

2. Review 'Welcome' with your students.

3. Review 'Pictorial Review of Phases I-IV' with your students.

4. At the conclusion of each review, ask for questions.

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# Welcome

**A message from Peggy Phoenix Dubro:**

**Hello, and welcome to your energy session today!**
The sessions of the first four phases of the EMF Balancing Technique® create an energetic foundation to support your ability to co-create the most enlightened life you can. The energy of the session is generated through the human to human connection and the results are determined by your inner wisdom.

**Overview**
The following information will provide you with an overview of what you can expect during your session today. **To prepare for your session**, your practitioner will take a few minutes for a **pictorial review**. They will present illustrations of the Universal Calibration Lattice, and the templates of Phases I-IV.

Before your session begins, the practitioner will assist you as you make yourself comfortable on the massage table. Your practitioner will ask you to take a deep breath and to relax. They will then begin the session with an opening statement honoring the Infinite Potential within you - the creative force that connects each individual to the universe. Throughout the session, your practitioner will perform a sequence of graceful, tai chi like movements, all designed to stimulate and activate portions of your Universal Calibration Lattice. Specific intents will also be spoken aloud throughout the session, to focus the energetic resonances towards new patterns of wholeness, all ultimately determined by your inner wisdom. The Energetic Body Preparation, the first part of every session is important to initiate the resonance of self calibration and creates the appropriate energetic space for the best possible session.

The session continues as the clearing and balancing process is performed by the practitioner. Specific intents will continue to be gently spoken and at certain moments they will place their hands on some parts of your body. The practitioner will tell you before they place their hands. The practitioner will also assist and guide you through several beautiful calibrations, further activating your sacred templates of light. During the closing portion of the session, the final calibrations strengthen and set the new patterns.

After the session is finished, you will receive a copy of the intents from the session. When you reflect upon your session, please take time to be mindful of how you would like to direct the energy of those intents to co-create your most enlightened life.

I want to thank you for choosing to experience this session of the EMF Balancing Technique®. It is my intent that together we will evolve our understanding of the pure energy of love, learn to strengthen our unique ability to radiate this energy, and continue with the honoring of one another in our daily lives.

From one human being to another human being,
In the energy of love and
peace filled empowerment,

***Peggy Phoenix Dubro***

*PS - Please take a few moments to read the important information contained on the other side of this Welcome letter.*

*Form #INT31* *1/2* *2010*

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# Welcome

The EMF Balancing Technique® works with the self-balancing mechanisms of the human energy anatomy, and the premise that personal responsibility plays an important role in the co-creative process. Your practitioner is committed to the facilitation of this natural process. The results can be greatly amplified when you make a similar commitment by acknowledging that self-responsibility in daily life is an equally important part of the process. In this way you can co-create most effectively.

The role of your practitioner is to facilitate the expression of your inner wisdom by working with the energetic patterns of the EMF Balancing Technique®. Your practitioner is trained to know specific movements, and is provided with precisely phrased verbal material designed to work with the energy patterns of the EMF technique during the actual session. Encouraging you to feel, sense, imagine or think about your session helps you to experience a more profound connection with your inner wisdom. In energetic communication, silence is also a powerful factor. Your EMF session also includes a process of silent honoring, a premise that applies to all the phases of the EMF work. When your practitioner is not speaking, he/she is silently honoring you as a human being.

## Statement from The Energy Extension, Inc. (EEI)

Your EMF Balancing Technique® Practitioner has been certified by EEI and has completed the appropriate EMF Balancing Technique® training. EEI provides detailed training manuals and all the necessary tools to perform the EMF sessions as defined by the protocols of the Energy Extension, Inc. (EEI) and Peggy Phoenix Dubro.

*If you are receiving your session from a graduate of the EMF Personal Growth Program, it must be given to you free of charge. Only Practitioners who are licensed and certified by EEI may charge for sessions. Contact EEI for more information.*

*EEI does not provide counseling training, nor does EEI necessarily endorse any other certifications or opinions of its practitioners unless they are specifically stated in the EEI training materials.*

Your EMF session is intended to be an enjoyable experience designed to strengthen your personal empowerment as determined by your inner wisdom. The role of the EMF Practitioner is that of a facilitator who follows the protocols of the technique by performing the EMF session in its original form, as they learned it. Your practitioner will always honor your inner wisdom.

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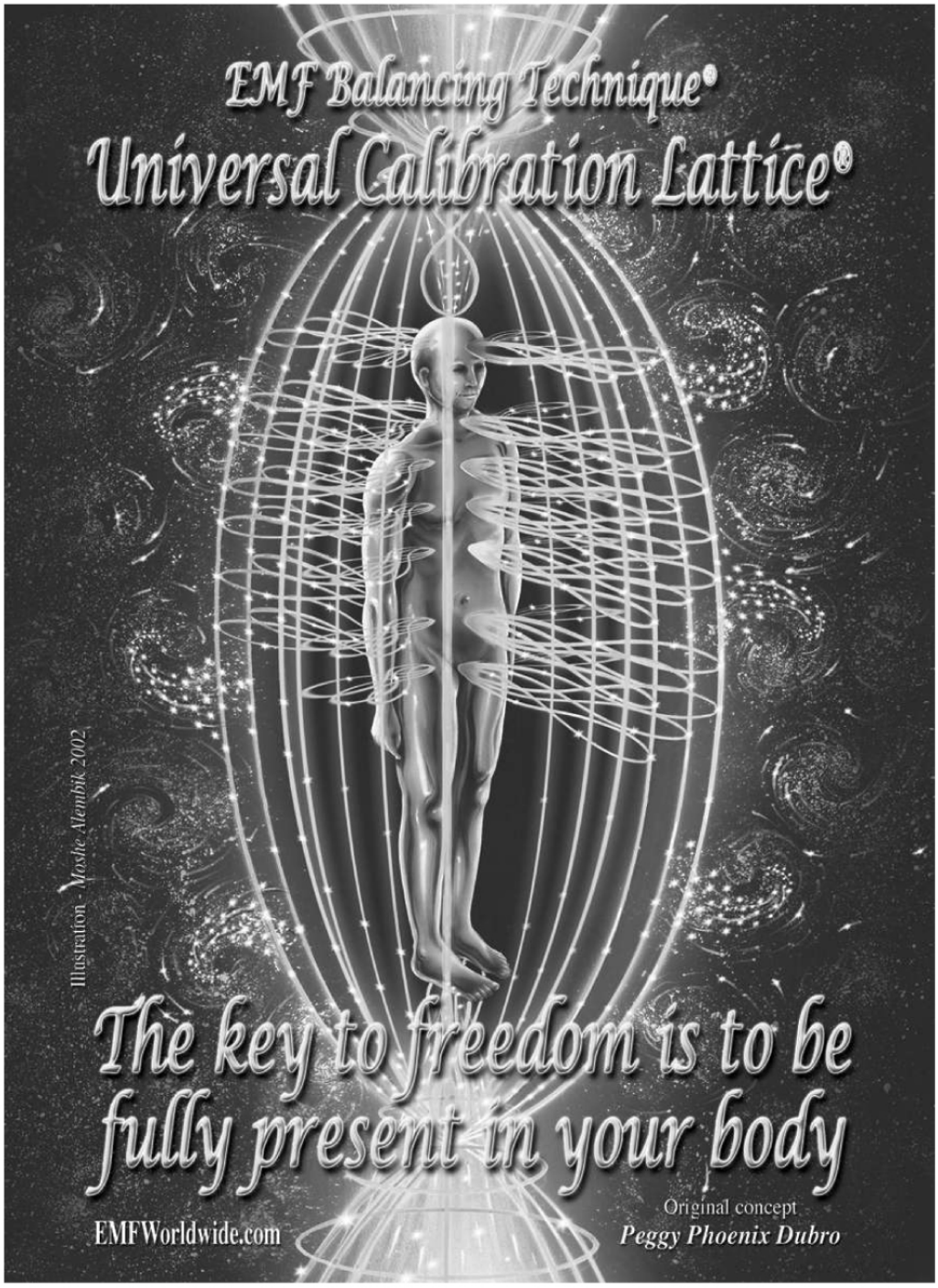
# *Phases I-IV - Pictorial Review*



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# Universal Calibration Lattice® (UCL)

- Universal Calibration Lattice® (UCL) is a system within the human energy anatomy. The UCL is a multi-dimensional lattice structure and is your personal connection to the Universal Energy source (or Cosmic Lattice).
- Calibration means to gauge or strengthen. The calibration process, enables the UCL to hold, and the human to use, more of the abundant energy charge available in the universe. This calibration process can also be thought of as "rewiring" for the new energy.
- Center Below is an energy center 24 inches (60 cm) beneath the feet of the human, connecting your energy field with the energy of the earth.
- Center Above is an energy center 24 inches (60 cm) above the crown of the head of the human, connecting your energy field with the higher energies of Self or universal energy.
- Core Energy is the central column that runs the entire length of the human, from Center Below to Center Above and vice versa. This central column is composed of pure light and energy. Everyone has core energy - it is the essence of who you are.
- Long Informational Fibers form the outer perimeter of the UCL. There are 12 of these long, vertical fibers of light that surround us in the front, sides, back, top and bottom of our being. These long fibers are 24 inches (60 cm) away from the human figure and run through the Center Below and the Center Above.
- Long Informational Fibers behind us contain information about our history. The fibers on either side of us relate to how we balance giving and receiving in the world and the long fibers in front contain information relating to our future potential.
- Horizontal Infinity Loops (figure 8 shaped loops) connect the body to the Long Informational Fibers, passing through the chakras. There are also Infinity Loops that connect to the Center Below and the Center Above.
- Infinity Loops carry information from the Long Informational Fibers to the chakras and from the chakras back to the Long Informational Fibers, contributing to the self-balancing and self-regulating nature of the UCL.
- Energetic charges often rearrange themselves as a result of our actions and thoughts. The EMF Balancing Technique® is designed specifically to work with the UCL. An EMF session facilitates the rearrangement of energetic charges according to the inner wisdom of the receiver of the session.

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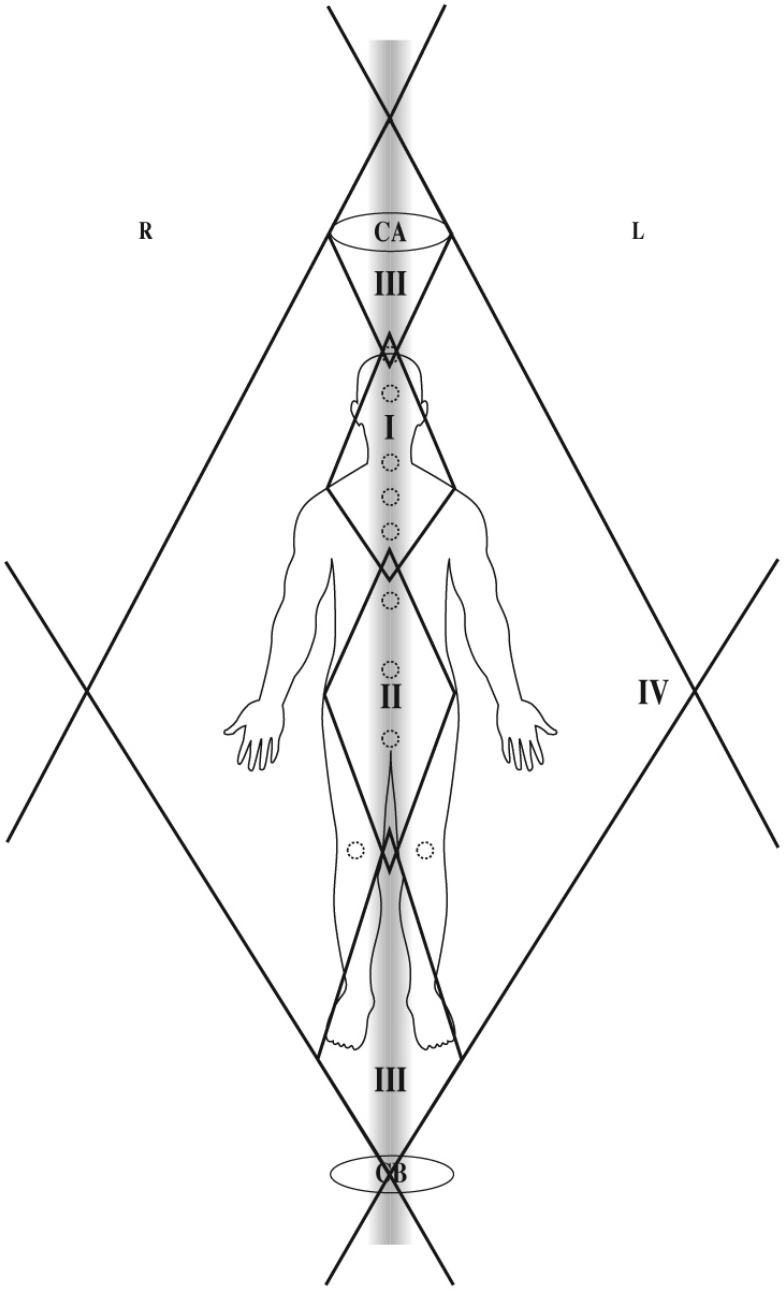
# 5 Templates of Phases I-IV



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# 5 Templates of Phases I-IV

- Peggy Phoenix Dubro, after a vivid experience of her sacred templates, developed the EMF Balancing Technique® as a way of working with others to facilitate the expression of their sacred templates. She sometimes describes this process as the way her sacred templates speak to your sacred templates.
- Each template is an energy pattern in the form of an octaohedron, connected to the UCL.
- The templates hold the resonance of our unique potentials in Now time.
- Each of you holds your own sacred templates of light. The templates look similar in everybody - but the geometric energy patterns and information within them are unique to each person.
- This is very much like our hands. The shape of our hands looks similar in everyone, but we all have unique fingerprints.
- Each of the EMF Balancing Technique® sessions has a template and an intent associated with it.
- Phase I - Wisdom & Emotion
- Phase II - Self-Direction & Self-Support
- Phase III - Radiate Core Energy
- Phase IV - Energetic Accomplishment
- The templates resonate with the intent and each phase facilitates the strengthening of the associated template.
- The templates resonate with each person's unique sacred potential, their own special gifts and abilities.
- Our templates are much like a wordless language, they are the way we communicate our piece of the puzzle to others and to ourselves!
- They help us to discover why we are here and the role we have to play in this lifetime.

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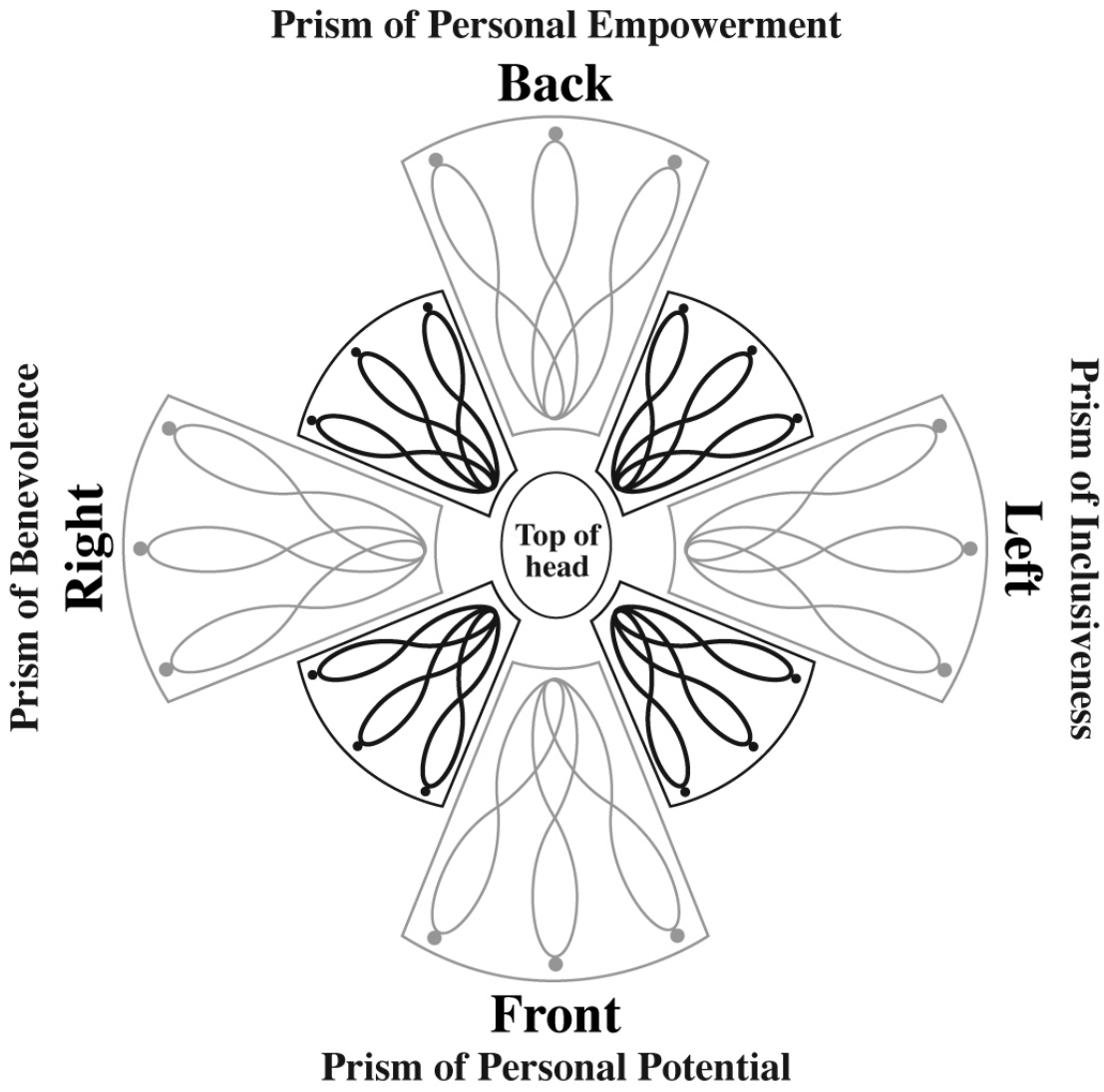
# UCL - Lattice Overview




**Prism of Personal Empowerment**

**Back**

**Front**

**Prism of Personal Potential**

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# UCL - Lattice Overview

- The illustration shows the Long Informational Fibers and self-balancing Infinity Loops as if you were looking straight down at them from directly above the head.
- Long Informational Fibers are represented by the twelve dots in the outer circle.
- Infinity Loops are represented by the figure 8 loops.
- Each group containing three of the Long Informational Fibers and three of the Infinity Loops is part of a prism. Each prism extends the entire length of the body, all the way to the feet.
- The four large prisms are associated with Phases I-IV.
- The UCL is still evolving. Recently, twelve more strands or fibers have become activated.
- These newer fibers are represented by the 12 dots which form the innermost circle.
- The four smaller prisms (with the bold loops and dots) are associated with the work done in Phases V-VIII of the EMF Balancing Technique®.
- Looking again at the four larger prisms, you may notice a familiar pattern emerges. Variations of this pattern, similar to a cross, have been depicted throughout human history as a halo around the head.
  Peggy Phoenix Dubro expands on the understanding that each prism extends the entire length of the body, when she describes the halo as being beneath the feet as well above the head. Since the UCL forms this halo pattern, not only is the halo in these two places, it also radiates from all the chakras and permeates throughout one's entire being.

EMF Balancing Technique®

*Honoring Humanity*

# Unit 4

# Video Demonstration and Practice Session 1

## Unit 4: Video Demonstration and Practice Session 1

Time: 2 hours

### Energetic Body Prep and Phase I - Introduction

1. **INTRODUCE** the Energetic Body Prep and Phase I:
   - First, we'll take a few moments and talk about the Energetic Body Prep, the first step in Phase I, and then we'll watch a video demonstration.

2. **EXPLAIN** to the class:
   - The Energetic Body Prep, as the name suggests, prepares the body energetically and sets the resonance for a good session.
   - It is also the first step performed in each of the four phases.

***

FLIP CHART
Phase I Steps

3. **LIST** on a separate flip chart, the five steps of Phase I and the energy that is associated with each step. **SAY:**
   - Phase I consists of five steps:
     - **Energetic Body Prep:** uses the receiver's own energy with the exception of amplifying energy up through the body and to the heart center, both of which use golden energy.
     - **Radiating Core Energy:** clear energy
     - **Clearing:** golden energy
     - **Balancing:** universal energy
     - **Closing:** uses universal energy with the exception of amplifying energy up through the body, which uses golden energy.

*Suggest that the class record these steps in their notes.*

*Balancing uses universal energy which is determined by the receiver's inner wisdom.*

***

FLIP CHART
Phase I Steps

4. **LIST** on a separate flip chart the five steps in Phase I and **BRIEFLY HIGHLIGHT** the purpose of each step:
   - **Step 1:** The *Energetic Body Prep* raises the energetic vibration, circulates the energy and prepares the body by setting the resonance for a good session.
   - **Step 2:** *Radiating core energy* increases the resonance of the receiver's Core Energy.
   - **Step 3** and **Step 4:** The *Clearing* and *Balancing (head and body)* help calibrate the resonance of the lattice so the receiver can hold as much of their energy as possible.
   - **Step 5:** The *Closing* sets the new energy patterns.

*Label your flip chart Phase I followed by the five steps.*

5. **POINT OUT** to the class that once the first step, the Energetic Body Prep is completed, then the givers can move directly into Step 2, Radiating Core Energy.

6. **ASK** if there are any questions about the five steps of Phase I and respond as needed.

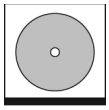
TRANSITION to Video

7. **MOVE** to the next section by telling the class that they will view a video demonstration of the Phase I movements.

*If for some reason you are not able to show the video, then you will review the session using the illustrations in the Phase I workbook. This may take more time, therefore you may need to adjust for the time difference.*

**Video Demonstration**

Time: 20 minutes



VIDEO
Energetic Body
Prep and Phase I

WORKBOOK
Energetic Body
Prep and Phase I

1. **INTRODUCE** the video:
   - Now we'll take a look at a video which will demonstrate the movements of the Energetic Body Prep, followed by the other steps in Phase I.
   - Both the giver and narrator in this video is the originator of the EMF Balancing Technique, Peggy Phoenix Dubro. The receiver is her husband Stephen.
   - Also as a reminder, all the movements and say alouds are in both your workbooks so you can refer back to them if needed.
   - As you see each movement demonstrated, Peggy will explain what you are seeing, describing each movement and its purpose.
   - This video segment runs for approximately 20 minutes.

2. **ASK** the class:
   - Do you have any questions about what you will be seeing?

3. **DIM** the lights and **SHOW** the video.

4. **DEBRIEF** the video by **ASKING:**
   - What was the first step in Phase I?

     Desired Response*: Energetic Body Prep*
   - Counting the Energetic Body Prep as the first step, how many steps are there in Phase I?

     Desired Response*: Five*
   - Who would like to name them?

     Desired Response*: Energetic Body Prep, Radiating Core Energy, Clearing, Balancing and Closing*

5. **THANK** the class for their responses.

6. **ASK** the class if they have any questions and respond as needed.

*Tell the class they can refer to their notes.*

*Provide reinforcing comments to correct answers or efforts made. For example, "good answer" or "good try."*

**Practice Session 1**

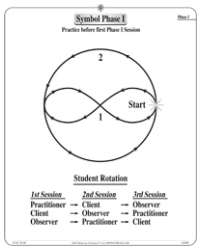
Time: 1 hour 30 minutes

The configuration for the groups will depend on the number of students you have in your class. Ideally, there are three students per group, and a minimum of two. At times you may have groups of two and three. Please see the Teacher Support section page 140 for details on teaching mixed groups of two and three.

If you are working with groups of two, you will need to guide the givers through the entire Phase I session and read all the parts designated for the observer (the say alouds) to the receivers.

The following script is written for groups of three.

1. **EXPLAIN** to the class the practice sessions:
   - The practice sessions are designed to provide you with the necessary experience and feedback so that by the end of your training you will be able to perform the EMF Balancing Technique phases for which you have been trained.
   - There will be three practice sessions, one before lunch and two after lunch. This will provide everyone an opportunity to be in the role of giver.
   - Each practice session lasts about $1^{1/2}$ hours. We will take short breaks between sessions.
   - It is important to understand that you get on to the table by choice.
   - You are not required to be on the table if you feel uncomfortable. However, you are required to practice the movements as a giver.




FLIP CHART #4
Student Rotation

2. **EXPLAIN** to the class what they will be doing:
   - The first step is creating groups of three.
   - After forming groups of three, each of you will agree on one of three roles.
   - The first role is that of the *giver*, the person conducting the session.
   - The second role is the *receiver*, the person receiving the session.
   - The third role is that of the *observer*.

3. **EXPLAIN** the role of the observer:
   - As we mentioned earlier this morning, all movements for the Energetic Body Prep and the other steps in Phase I that the giver performs, are detailed in your workbooks.

- The observer uses their workbook and follows the movements of the giver and offers any clarification that the giver may need.
- Additionally when directed by me, the observer states some intents to the receiver, on behalf of the giver. These intents are identified as say alouds in your workbook.
- This allows the giver to focus on learning the movements.

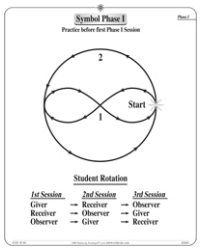
*Demonstrate the disconnect movement as you describe it. Allow the class time to practice several disconnects.*

4. **REVIEW** the disconnect in respect movement:

- During your practice sessions, there is a movement called the *disconnect*.
- As a group, I would like to review the disconnect movement with you.
- If you recall, you did this movement during the Intro Session when you took the UCL workshop.
- Please follow along with me as I demonstrate the disconnect.
- The disconnect is performed in one continuous movement by bringing your right palm back to press and sweep across your left palm, in a palm sweeps palm movement, finishing with fingertips sweeps fingertips with your left hand held stationary.
- Be sure to keep your left hand held in the fully extended position as you disconnect.
- The disconnect is performed in this same way in each of the four phases for any movement requiring a disconnect.

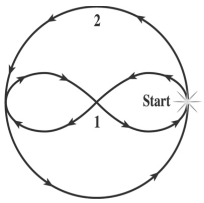
- The purpose of the disconnect movement is to completely disconnect from the fibers of your receiver's UCL.
- And it is important because it allows you to work with a receiver's energy pattern without any personal energy exchanges.

*When you review setting the symbol, position your hand at the starting point and lead the class in practicing this movement. Face the same direction as the class so that they are properly orientated during the practice.*




FLIP CHART
#4
Symbol Phase I

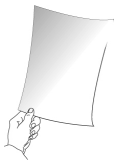
5. **REVIEW** Setting the symbol:
   - During the balancing in a Phase I session there is a movement that is called *Setting the symbol*.
   - I would like to take a couple of minutes and have you practice this movement.
   - With your right hand trace the figure eight infinity symbol by beginning moving your hand up and to the left.
   - Continue to trace the figure eight.
   - After completing the figure eight, continue with a counterclockwise circle completely around the figure eight.
   - Practice this movement a couple of times, please.




6. **REMIND** the class that you will guide them through all of the movements and say alouds in Phase I as well as provide feedback.

7. **ASK** the class if they have any questions and respond as needed.

8. **INVITE** the class to form their groups and select a table to do the energy work. **REMIND** observers to take both of their workbooks and also something to write with.



HANDOUT
Student Rotation Form

***Optional:*** *If you're working with groups of three, hand out the Student Rotation Forms. Tell the students to fill in their names in the appropriate boxes. Explain to them that the order of rotation is important and that this form will help them track the order of rotation.*

*This form is in the back of this manual Pg. 147.*
*This information is also on the bottom of flip chart #4.*

***
FLIP CHART
Phase I Steps

9. **TELL** students:
   - Receivers please lie on the table, on your back, and make yourselves comfortable.
   - Givers, please check with your receiver to see if they would like a pillow or cushion under the head and/or knees.
   - Please cover your receiver and then stand at the foot of the table facing your receiver.
   - Observers, please sit comfortably with your Energetic Body Prep and Phase I workbooks.

*Have the flip chart positioned where your students can see it, listing the five steps for Phase I.*

*This is a very important time and will require patience. This is the first time that your students are experiencing these movements. They may feel awkward or uncomfortable. Pace yourself in a way that creates a comfortable environment. Taking your time builds a strong foundation for the next session and each subsequent session.*

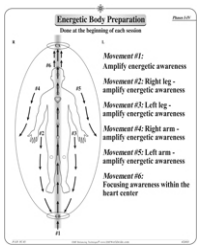
*Also, remind givers and observers to speak the say alouds in a gentle, quiet voice.*

10. **EXPLAIN** to students that you will demonstrate a movement, and then givers will practice the same movement.

*Remember as you demonstrate each movement, explain in detail what you are doing so that students have a clear understanding of body positions, hand positions, distances etc.*

11. **REMIND** students:

- I would like to make a few points before we get started.
- This is the first time you are learning these movements.
- Please be patient with yourselves and each other. You will find that all of this comes together very nicely as you progress in the training.
- Also, when you are the giver, you will perform some movements three times.
- Those of you who are observers will use your workbooks and follow each step that the giver is performing.
- You will also read some of the say alouds (intents) for the giver. I will instruct you when to read them and provide the page number.



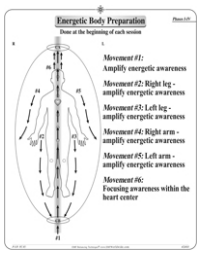

FLIP CHART #5 Energetic Body Prep

12. **EXPLAIN:**

- For the Energetic Body Prep, when we amplify energy up through the body, we start with golden energy because that is the resonance that we are amplifying through the body.
- Then we allow the receiver's energy to respond.
- As the receiver's energy responds, we then work with the receiver's personal energy through the legs and the arms.
- For the heart center we use golden energy.
- It is an integrative process.
- Also, amplifying energy up through the body initiates the circulation of energy, assists the receiver in raising their vibrational frequency, sets the resonance for a good session and prepares the body energetically.

## STEP 1: ENERGETIC BODY PREPARATION

### The Honoring




FLIP CHART #5 Energetic Body Prep

1. **INTRODUCE** Step 1 - Energetic Body Preparation:
   - Givers, we begin the Energetic Body Prep with the Honoring.
   - Please follow along with me as I guide you through the Honoring.

*Tell the class that the Honoring is like an underlying prayer that is always present in this work, whether said silently or aloud.*

WORKBOOK Energetic Body Prep Pgs. 1-2

2. **TELL** givers and observers:
   - Givers please stand at the foot of your table.
   - Observers, please refer to pages 1 - 2 of your Energetic Body Prep workbooks.

*Be sure that the observers are using the Energetic Body Prep workbook.*

WORKBOOK
Energetic Body Prep
Pg. 1
Say Aloud

3. **GUIDE** givers through the Honoring:

   - Standing at your receiver's feet, extend your arms, palms facing the soles of the feet, 2-6 inches (5-15 cm) from the bottom of the feet and say the Honoring. Please repeat after me:

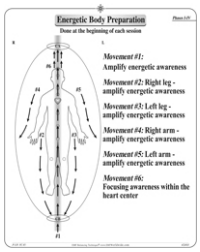
     *From the Infinite Potential within me, to the Infinite Potential within you, and in honor of each of our unique beliefs, let us begin.*

*Pace your directions so that the students can comfortably follow you.*

***Phoenix Factor***
*The spirit of the session is to honor one another. Just as we experience a sense of energy when someone likes us, there is a sense of energy when someone honors us!*

## Amplifying Energetic Awareness

WORKBOOK
Energetic Body Prep
Pg. 2
First Say Aloud




FLIP CHART
#5 Energetic Body Prep

4. **GUIDE** givers amplifying golden energy:

   - Givers, please repeat these words as we amplify golden energy up through the body:

     *Focus your awareness on the golden energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel sense, imagine or think about our entire Universal Calibration Lattice… and acknowledge the energy of wholeness.*

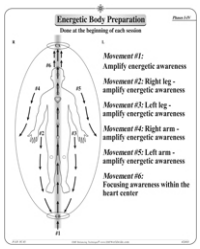
   - Givers, take a nice deep breath and ask your receiver to do the same.

*When givers do this movement, golden energy goes out the top of the receiver's head, up to the Center Above and circulates back through the UCL.*

***Phoenix Factor***
*When you stand at the receiver's feet in the beginning stance as the energy amplifies be sure to say aloud the entire statement that begins with: "Focus your awareness" and ends with: "and acknowledge the energy of wholeness," each and every time, even if some receivers tell you they felt the energy before you spoke the words! The energy body is listening!*

## Right Leg – Amplifying Energetic Awareness

*It is the receiver's energy that is used when the givers are amplifying energy down the arms and legs. Golden energy is used when amplifying energy to the heart center.*




FLIP CHART
#5 Energetic Body Prep

5. **INTRODUCE** the next movement - amplifying energy down the right leg:
   - Givers, please observe as I demonstrate the next movement, amplifying the energy down the receiver's right leg.

*This movement should be steady, slow and continuous.*

6. After demonstrating this movement, **SAY**:
   - Givers, now we'll have you practice the same movement.
   - Observers, please refer to pages 2 - 5 in your workbooks.

WORKBOOK
Energetic Body Prep Pgs. 2-5

7. **GUIDE** Givers through amplifying energy down the right leg:
   - Givers, please step to your left and beginning at the top of your receiver's thigh, keeping your hands 2-4 inches (5-10 cm) above your receiver's leg, amplify energy down and through the right leg of your receiver until you reach the toes.
   - When you reach the toes of the right foot, remember to turn your body, hold your right fingertips above the toes and rotate your left hand so that the palm is facing the sole of the foot with fingers pointing downward.

*To help givers with the correct placement and distance of their hands, you can suggest that they visualize a round cylinder that encircles the leg where the interior is 2-4 inches (5-10 cm) from their leg and extends from the top of the thigh to their right foot.*

- Hold this position for a moment and then slowly move your left hand straight back approximately 24 inches (60 cm) from your receiver's foot in a straight horizontal line, level with their foot.
- Hold this position for a few seconds, stretching the fibers and allowing the energetic tension to build.
- Now, without moving your left hand, reach all the way back with your right hand to your left hand and disconnect with a palm sweeps palm, fingertips sweeps fingertips movement.

*Remember to occasionally provide positive reinforcement to the group by making a comment such as "looks good".*

WORKBOOK
Energetic Body
Prep Pg. 2
Second
Say Aloud

8. **TELL** givers that they will repeat this movement two more times**.**

9. **SAY** to observers:

   - Observers, please read the second say aloud on page 2 to the receiver.

     *Let us give the intent to enhance a strong connection to your Center Below.*

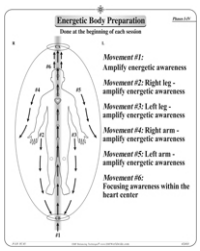
10. **TELL** givers where to stand once they have completed the movement:

    - Givers, when you have completed the movement, please stand at the bottom of the table, arms extended, palms up, to hold the energy as you wait for the others to complete the movement.

11. **EXPLAIN:**

    - During your actual sessions after the workshop, you will simply walk around the bottom of the table and continue giving the session.
    - Also, when you are working with your own receiver you will perform each movement 3 - 9 times, depending on the needs of your receiver.

**Left Leg – Amplifying Energetic Awareness**




FLIP CHART
#5 Energetic
Body Prep

WORKBOOK
Energetic Body
Prep Pgs. 6-7

12. **INTRODUCE** the next movement - amplifying energy down the left leg:
    - Givers, please observe as I demonstrate the next movement, amplifying the energy down the receiver's left leg.
13. After demonstrating this movement, **TELL** givers:
    - Givers, now we'll have you perform the same movement. Please step to your right and stand by your receiver's left leg.
    - Observers, please turn to page 6 in your workbooks.
14. **VERBALLY GUIDE** givers through amplifying energy down the left leg:
    - Givers, beginning at the top of your receiver's thigh, your hands are 2-4 inches (5-10 cm) above the thigh, amplify energy down and through the left leg of your receiver.
    - When you reach the toes of their left foot, there is no need to turn your body. Hold your right hand fingertips above the toes and rotate your left hand so that the palm is facing the sole of the foot with fingers pointing downward.
    - Hold this position for a moment and then slowly move your left hand straight back approximately 24 inches (60 cm) from your receiver's foot in a straight horizontal line, level with their foot.
    - Hold this position for a few seconds, stretching the fibers and allowing the energetic tension to build.
    - Now, without moving your left hand, reach back with your right hand to your left hand and disconnect with a palm sweeps palm, fingertips sweeps fingertips movement.

*The Center Below is a place where we interface with the energy of the earth. It is a concentrated pool of golden light and energy. The stronger the center becomes, the greater the light. The greater the light, the greater the blessings as each one of us walks the planet.*

*Suggest that students visualize a round cylinder that encircles the leg where the interior is 2-4 inches (5-10 cm) from their leg and extends from the top of the thigh to their left foot.*

WORKBOOK
Energetic Body Prep Pg. 6
Say Aloud

15. **TELL** givers that they will repeat this movement two more times**.**

16. **SAY** to observers:

    - Observers, please read the say aloud on page 6 to the receiver.

    *Let us give the intent to enhance a strong connection to your Center Below.*

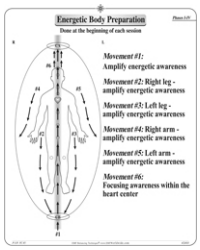
17. As givers complete their movements **SAY:**

    - Givers, when you have completed the movement, please stand at the bottom of the table, arms extended with palms up to hold the energy, as you wait for the others to complete the movement.

*The Lattice resonates in response as your left palm is moved from the sole of the foot, the elastic fibers of the UCL are being stretched by the force field of the left hand.*
*The fibers respond dynamically through resonance field effects.*

*Remind students that the more precisely they follow the movements, the stronger the calibration.*

## Right Arm – Amplifying Energetic Awareness




FLIP CHART
#5 Energetic Body Prep

18. **TELL** givers:

    - Givers, we will now amplify energy down the right arm.
    - Please observe as I demonstrate amplifying the energy down their right arm.

*The proper placement of the hands ensures calibration of energy centers on both sides of the arm.*

19. After demonstrating this movement **SAY:**

    - Givers, now we'll have you perform the same movement.
    - Observers, please turn to page 7 in your workbooks.

WORKBOOK
Energetic Body Prep Pgs. 7-9

20. **GUIDE** givers:

- Givers, please step to your left and stand by your receiver's right arm.

21. **SAY:**

- You are now going to amplify energy down through your receiver's right arm.
- Inform your receiver that you are going to turn their right arm palm up.
- Fold back the cover on your receiver and turn their right hand palm up so their elbow is on the table. Gently straighten the fingertips if they are curled.
- Remember, this the first time that you are touching your receiver, so keep your intent on being in service and your touch will be very reassuring.
- Place your right hand palm down above the right shoulder and your left palm up, under but not touching the shoulder.
- Both your hands are 2 - 4 inches (5 - 10 cm) from the shoulder.
- Amplify the energy down the arm.
- As soon as you can, bring your left hand under the arm so that you're amplifying energy down both sides of the arm.

- As you reach the receiver's right hand, turn your body so your back is facing their right leg.
- Position your fingertips so they are aligned with your receiver's fingertips at a distance of 2 - 4 inches (5 - 10 cm).
- Hold this position, making sure that your right hand is palm down and your left hand is palm up.
- Move your left hand away from the receiver's fingertips to a distance of 24 inches (60 cm).
- Hold this position for a few seconds, stretching the fibers and allowing the energetic tension to build.
- Now without moving your left hand, reach back with your right hand to your left hand and disconnect in respect with a palm sweeps palm, fingertips sweeps fingertips movement.
- Complete this movement two more times.

*The purpose of the disconnect movement is to completely disconnect from the fibers of the receiver's Universal Calibration Lattice.*

*The disconnect in respect is important because it allows you to work with the receiver's energy patterns without any personal energy exchanges.*

WORKBOOK
Energetic Body
Prep Pg. 7
Say Aloud

22. As givers continue with their last two movements **SAY:**

- Givers, we have a say aloud here, so please repeat after me and say to your receiver:

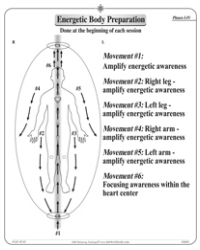
  *Let us give the intent to increase the radiating of your heart energy, creating greater freedom.*

23. **GUIDE** givers:

- Once you have completed the third and final movement, turn the receiver's right arm back in towards their body and cover them.
- Then stand at the bottom of the table and hold the energy while the others are completing their movements.

*Tell students to remember to disconnect all the way through with a fingertips-sweeps-fingertips movement. This ensures that the calibration process is not compromised.*

## Left Arm – Amplifying Energetic Awareness




FLIP CHART
#5 Energetic
Body Prep

WORKBOOK
Energetic Body
Prep Pgs. 10-11

24. After all givers have completed the movement, **SAY:**

- Givers, next we will amplify energy down the left arm.
- Please observe as I demonstrate amplifying the energy down the left arm.

25. After completing your demonstration **SAY:**

- Givers, now we'll have you perform this movement.
- Observers, please follow on pages 10 and 11.
- Givers please step to your right and stand at your receiver's left arm.
- You are now going to amplifying energy down your receiver's left arm.
- Fold back the covering on your receiver and turn their left palm up, so their elbow is on the table and gently straighten the fingertips if they are curled.
- Place your left palm above the left shoulder, and your right palm under but not touching their shoulder.
- Your hands are 2 - 4 inches (5 - 10 cm) from the shoulder.
- Amplify the energy down the arm.
- As soon as you can, bring your right hand under the arm so that you're amplifying energy down both sides of the arm.

*The placement of the hands ensures calibration of energy centers on both sides of the arm.*

- As you reach the receiver's left fingertips and all fingertips are lined up, rotate your hands so your left palm is facing up and your right palm is facing down.
- Position your fingertips so they are aligned with your receiver's fingertips at a distance of 2 - 4 inches (5 - 10 cm).
- Hold this position for a moment.
- Move your left hand away from your receiver's fingertips to a distance of 24 inches (60 cm).
- Hold this position for a few seconds, stretching the fibers and allowing the energetic tension to build.
- Now, without moving your left hand, reach back with your right hand to your left hand and disconnect in respect with a palm sweeps palm, fingertips sweep fingertips movement.
- Complete this movement two more times please.

*Tell givers that as they amplify the energy down through the arms the response within the lattice is connected to an energy center beneath the ribs, directly beneath the heart center and above the solar plexus. It is a small center where the energy is very concentrated and now can be accessed for the release of old energy dynamics.*

WORKBOOK
Energetic Body
Prep Pgs. 10-11

WORKBOOK
Energetic Body
Prep Pg. 10
Say Aloud

**26.** As givers continue with their last two movements **SAY:**

- Givers, we have a say aloud here. Repeat after me and say to your receiver:

  *Let us give the intent to increase the radiating of your heart energy, creating greater freedom.*

*Be sure that givers are rotating their hands as they reach their receiver's fingertips.*

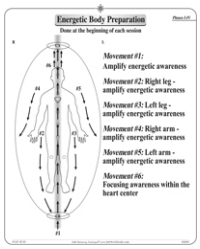
27. **GUIDE** givers:

- Once you have completed the third and final movement, turn the receiver's left arm back in towards their body and cover them.
- Then stand at the bottom of the table and hold the energy while the others are completing their movements.

28. **TELL** the class:

- Everyone take a nice deep breath.

*Take a nice deep breath with the class.*




FLIP CHART #5 Energetic Body Prep

29. **REFER** to the flip chart and the last movement:

- The last movement in the Energetic Body Prep is amplifying energy towards the heart center.

## Focusing Awareness Within the Heart Center

*Tell students this movement enhances the pattern of the energy template associated with Phase I.*

30. **SAY** to givers:

- Please observe as I demonstrate amplifying energy towards the heart center.

31. After completing your demonstration **SAY:**

- Givers, now we'll have you perform this movement.
- Observers, please follow on pages 12 - 14.
- Givers, please step to your left and stand at your receiver's right side.
- You are now going to amplify golden energy with your hand facing towards the heart center.
- Your right hand is held palm up, fingers pointing towards the center of the chest at a 45 degree angle, 4 - 6 inches (10 - 15 cm) from your receiver's body, amplifying energy towards the heart center.
- Your left hand is held above the crown, palm facing the top of the head.

WORKBOOK
Energetic Body
Prep Pgs. 12-14

- Begin circling clockwise with the left hand, with a diameter of 4 - 6 inches (10 - 15 cm).
- To be sure that you are circling clockwise, imagine sitting in a chair at the top of the table and looking towards a clock placed at the top of your receiver's head.
- Stop circling and turn your right hand so that your palm is facing your receiver's heart center and is at a distance of about 3 inches (7 cm) from your receiver's body. Your fingers are pointing towards your receiver's crown.
- While holding this position with your right hand, move your left hand straight back and away from the top of your receiver's head 24 inches (60 cm).
- Hold for a few seconds, allowing the energetic tension to build.
- Without moving your left hand, reach across with your right hand and disconnect.
- Complete this movement two more times.

*This movement encourages a strong connection to the Center Above, integrating the inspirational energies into the consciousness of the receiver, Increasing the downward flow of higher energies through the body. This rewiring of the sacred circuits creates a gracious "as above, so below" reality. Each time you perform this movement, the resonance of the Phase I template reaches a deeper level of what it means for the individual to balance their expression of compassion and wisdom.*

WORKBOOK
Energetic Body
Prep Pg. 12
Say Aloud

32. As givers continue to complete their movements, **TELL** observers:
    - Observers, please read the say aloud at the bottom of page 12 to the receiver.

      *Let us give the intent for a strong, clear connection to your Center Above.*

*The circling movement of your hands focuses and intensifies the field of the energy center – like a spiraling vortex action.*

*This movement affects the fibers of the UCL that are ready to respond to the calibration process.*
*This magnetism draws energy fibers upwards or away from the energy center.*

33. **TELL** givers:

- Once you have completed the third and final movement, stand at the bottom of the table and hold the energy while the others are completing their movements.

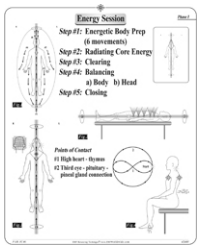
34. **SAY** to givers:

- Givers, you have just completed the Energetic Body Prep.
- Everyone, please take a nice deep breath.

*Congratulate the group on work well done.*

## STEP 2: RADIATING CORE ENERGY

*Clear energy is used when Radiating core energy.*




FLIP CHART
#6 Radiating core energy

1. **REFERRING** to the flip chart, **INTRODUCE** Step 2 - radiating core energy:
   - The next step in Phase I is radiating core energy.
   - Please observe as I demonstrate radiating core energy.

*Remind the class this movement is done one time only.*

WORKBOOK
Phase I
Pgs. 1-2

2. After completing your demonstration **SAY:**
   - Givers, now we'll have you perform this movement.
   - Observers, please refer to pages 1 and 2 in your Phase I workbook.
   - Givers, move to your left and stand at your receiver's right shoulder, facing their crown.

*Be sure that all observers have switched to their Phase I workbooks.*

WORKBOOK
Phase I
Pg. 1
Say Aloud

   - You will now ask your receiver permission to open his field so he may radiate core energy. Please repeat after me:

     *(Say receivers name). In this moment do you choose to increase the radiating of your Core Energy?*

   - It is very important that permission be granted either verbally or by a nod of the head before you continue.
   - Remember, you are using clear energy when you open the receiver's field so he may radiate core energy.

*All through the EMF work, we honor the inner wisdom of the individual. Core energy has a distinct characteristic of pure translucence. This pure power energy produces a resonance of freedom that begins from the core of their being, home of inner wisdom.*

*Radiating core energy is one of the basic principles of the EMF work. When used in daily life, it enhances the ability to co-create your most enlightened life, and contributes to a deeper expression of the energetic postures of wholeness and self empowerment.*
*It is very important for the receiver to agree to radiate their core energy, creating a stronger dynamic of partnership in the process.*

3. **GUIDE** givers:

   - Raise your left hand, palm upwards about shoulder height to receive clear energy.
   - Your right hand is held with your palm facing you and fingertips pointing straight down 6 inches (15 cm) above your receiver's crown.
   - This is your beginning stance.
   - Now, we will begin the movement.
   - Slowly walk backwards, moving your right hand in the same plane, in one continuous movement, about 6 inches (15 cm) above the receiver's body, all the way down to the base of their spine.
   - Stop for a moment and lift your right hand up to a height approximately even with the height of your left hand, which is still in its original position.
   - Remember givers, you will only perform this movement once.
   - When you have completed this movement, stand at your receiver's right side near their waist area with your feet pointing towards the table, your arms extended palms up and hold the energy.

4. **TELL** givers:

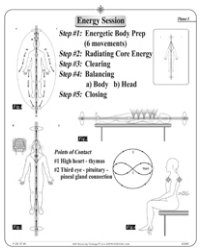
   - Givers, tell your receivers that they may sense some energy movement.
   - Also, tell your receivers that you will now be clearing the solar plexus, the creative center and the heart center.
   - When doing any of the combination sessions (I&II, III&IV or I&IV), the movement goes from the Center Above all the way to the Center Below.

*Provide verbal reinforcements and encouragement to the givers.*

*Look around the room and check to see if all givers are in their proper stance before continuing.*

## STEP 3: CLEARING

### Clearing the Solar Plexus




FLIP CHART
#6 Clearing

1. **REFERRING** to the flip chart, **POINT OUT** Step 3 - Clearing.

2. **DEMONSTRATE** the movements for clearing:

   - Givers, please observe while I demonstrate clearing the solar plexus.

*Tell the class that during clearing they should hold momentarily after they stop circling, before moving their hand away from their receiver to disconnect.*

WORKBOOK
Phase I
Pgs. 3-4

3. After completing your demonstration **SAY:**

   - Observers, please refer to pages 3 - 4 in your workbooks.
   - Givers, now we'll have you perform this movement.
   - Please stand at your receiver's right side near their waist area, with your feet pointing towards the table.
   - Hold your right hand with your palm up at an angle of about 45 degrees, fingers pointing towards the solar plexus of your receiver and amplify golden energy to this center.
   - Your left hand is palm down, 4 - 6 inches (10 - 15 cm) above your receiver's solar plexus.
   - Keeping your left hand flat, move it in a smooth, circular clockwise direction with a diameter of 4 - 6 inches (10 - 15 cm).
   - After several rotations, stop the circling and hold momentarily.

*All circling movements are always performed in a clockwise direction (wherever you are on the planet). The energy centers are calibrating according to the internal wisdom of the individual. Therefore, the movement of the energy center may spin clockwise or counterclockwise, even though the hand movement is clockwise.*

*Make sure that the majority of givers have stopped circling before moving forward.*

- Now givers, raise your left hand straight up, palm still facing downwards, approximately 24 inches (60 cm).
- Hold the energetic tension for 2 - 3 seconds.
- Then while holding your left hand stationary, reach all the way up with your right hand and disconnect with a palm sweeps palm, fingertips sweeps fingertips movement.

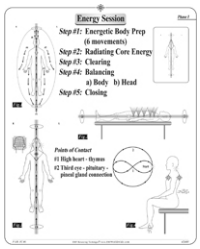
4. **TELL** givers:
   - To keep their movements clear and precise.
   - That the more precise they are, the deeper the calibration.
   - To complete this movement two more times.

WORKBOOK
Phase I
Pg. 3
Say Aloud

5. **SAY** to observers:
   - Observers, at the bottom of page 3 there is a say aloud. Please read the say aloud to the receiver as the givers performs the movement.

     *This part of the energy session is called clearing. As we focus on the solar plexus, let us give the intent to accelerate the evolution of clarity within your sense of self.*
6. **TELL** givers to take their time and allow the energy of their receivers to respond.

**Clearing the Vital Energy Centers**




FLIP CHART
#6 Clearing

7. **REFER** to the flip chart and **INTRODUCE** the next movement - clearing the creative center.
8. **DEMONSTRATE** the movements for clearing the creative center:
   - Givers, please observe while I demonstrate clearing the creative center.

WORKBOOK
Phase I
Pgs. 4-5

9. After completing your demonstration **SAY:**
   - Observers, please refer to pages 4 - 5 in your workbooks.
   - Givers, now we'll have you perform this movement.
   - Please take one step to the right which will put you in the proper position.
   - With your right hand amplify golden energy towards the vital energy center at the base of your receiver's spine.
   - Your left hand is circling clockwise above their creative center. Here you are clearing both the base (root) chakra or vital energy center and the creative center together.
   - After several rotations, stop the circling and hold momentarily. Raise your left hand straight up, palm still facing downward.

   **ASK:**
   - How high?

     Desired Response: *24 inches (60 cm)*
   - Hold for 2 - 3 seconds, keep your left hand stationary, then reach up with your right hand and disconnect.
   - Givers, complete this movement two more times.
   - When you are finished, stand at your receiver's right side near their waist area with your feet pointing towards the table, your arms extended palms up and hold the energy.

*Provide verbal reinforcements and encouragement to the givers.*

*The energy at the base of the spine is an integral source of our vitality. Base of the spine energy is powerful and can be transforming, especially if it is encouraged to rise upwards through our being to enhance spiritual awakening.*

WORKBOOK
Phase I
Pg. 5
Say Aloud

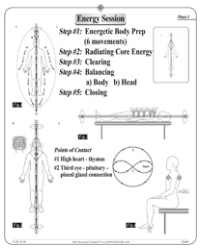
10. **SAY** to observers:

    - Observers, please read the say aloud in the middle of page 5 to the receiver while the givers completes the movement.

      *As we focus on the base center and the creative center, let us give the intent to accelerate the evolution of clarity within your vital energies.*

*Be sure all givers have completed clearing the creative center before moving forward.*

## Clearing the Heart Center




FLIP CHART
#6 Clearing

11. **REFERRING** to the flip chart **INTRODUCE** the last movement in the clearing process - clearing the heart center.

12. **TELL** givers that you will **GUIDE** them through clearing the heart center.

*Observe givers for any needed assistance.*

13. **REFER** observers to pages 5 - 6 in their workbooks.

WORKBOOK
Phase I
Pgs. 5-6

14. **SAY** to the givers:

    - Please step slightly to your left, so that you are standing at your receiver's right shoulder.
    - Now, clear the receiver's heart center.
    - Givers, your right hand is amplifying golden energy towards the receiver's heart center, palm upwards at a 45 degree angle.
    - Your left hand is circling clockwise above the heart and high heart centers, with a diameter of 4 - 6 inches (10 - 15 cm) clearing both centers at once.
    - After several rotations, stop the circling and hold momentarily.
    - Raise your left hand straight up, palm still facing downwards, approximately 24 inches (60 cm) and hold 2 - 3 seconds.

*Show givers where the high heart and heart centers are located using yourself as an example.*

*As the heart center is cleared, the high heart center and throat area are cleared at the same time.*

*Sometimes the client may also sense a response through the jaw. Those areas are all connected by light fibers forming a diamond shaped pattern.*

- Then reach up with your right hand and disconnect.
- Givers, complete this movement two more times please.
- Observers, please read the say aloud in the middle of page 6 to the receiver as the givers completes the movement.

  *As we focus on the heart center, let us give the intent to accelerate the evolution of clarity within your heart as you express the energy of love.*

WORKBOOK
Phase I
Pg. 6
Say Aloud

- Givers, after you complete your last movement, stand at your receiver's right side near their waist area with your feet pointing towards the table, your arms extended palms up and hold the energy.

**Phoenix Factor**
Optional clearing – if your receiver expresses discomfort in a specific area of the body during the clearing process of Phase I or Phase II, you may pause the session and clear the affected area as follows: hold your left hand palm up at shoulder height to receive energy; hold your right hand palm down, index finger extended and pointing towards the affected area. Make a single clockwise circular movement with your right index finger Then proceed to clear the area as you would with any other clearing movement. Turn your right hand palm up, fingers pointing towards the affected area. Place your left hand palm down over the area.
Amplify energy with your right hand while circling with your left. Stop the circling, raise your left hand 24 inches (60 cm), reach up with your right hand and disconnect.

15. **OBSERVE** and check all givers to ensure that they are correctly performing the movement.

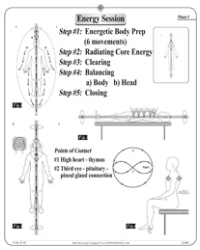
**Please note:** this optional clearing can only be done during the clearing portion of a session.

16. After all givers have finished **SAY:**
    - Take a nice deep breath, givers.
    - You have now completed the third step of Phase I, Clearing.

*Take a nice deep breath with the class.*

## STEP 4: BALANCING

## Balancing the Upper Body




FLIP CHART
#6 Balancing

1. **REFERRING** to the flip chart, **INTRODUCE** Step 4 - Balancing.

2. **TELL** givers that you will demonstrate balancing the upper body.

3. After completing the demonstration tell givers they will now perform the same movements.

*Temperature changes are a common sensation when the energy flows through these connections – hot, warm, cool or cold.*

WORKBOOK
Phase I
Pgs. 7-19

4. **REFER** observers to pages 7 - 19 in their workbooks.

5. **TELL** givers:

   - Givers, you will now balance the upper body.
   - Please position your chair next to the receiver's right side and sit down. This will properly position you to balance the upper body.

*Excess energy will release down the legs and out the feet or down the arms and out the hands – generally as a cool feeling. The released energy will recycle back through the UCL and form the next pattern of balance.*
*This is the self-regulating aspect of the UCL.*

**Balancing the Solar Plexus**

6. **TELL** givers and observers:

- Givers, hold your left palm up.
- Observers, please read the say aloud on page 7 of your workbook to the receiver.

  *The next part of the session is called balancing. I will be placing my left hand under your back and placing my right hand on your solar plexus. Then I will place my hand above your creative center and then on or above your high heart center.*

- And now givers, slide your left hand palm up under the small of your receiver's back.
- Your left hand remains here throughout the balancing process.
- Place your right hand palm down on the solar plexus, your fingers pointing towards their crown.
- As you touch this area it generates a resonance of strength and stability.
- Hold this position for about 60 seconds.
- Observers, while the givers hold this position, please read the first say aloud on page 8.

  *This is Universal Energy, defined in this moment to be a nurturing and supporting energy. You may receive as much as you choose* (pause)*...Let us give the intent to balance your sense of self as you express your wholeness.*

WORKBOOK
Phase I
Pg. 7
Say Aloud

WORKBOOK
Phase I
Pg. 8
First
Say Aloud

*Pace your verbal directions so that the givers can follow you easily.*

*Provide animated movements. This adds a visual reference to your verbal instruction. When you do this, be sure that you are facing the same direction as the givers are facing so they are properly orientated.*

*Provide verbal encouragement to the givers.*

WORKBOOK
Phase I
Pg. 8
Second
Say Aloud

**Balancing the Vital Energy Centers**

7. **TELL** givers and observers:

   - Now givers lift your right hand and hold it 4 - 6 inches (10 - 15 cm) **above** your receiver's creative center and hold for about 30 seconds.
   - Observers, please read to the receiver the say aloud at the bottom of page 8.

     *Let us give the intent to balance your vital energies as you express your wholeness*

*Remind givers to keep their fingers pointing toward their receiver's crown.*

*The high heart and heart centers are connected. Both of them are balanced with this next movement. Givers have a choice of their hand placement. They can choose to place their three middle fingers **on** the **high heart center** or they can choose to place their hand **above** the **heart center**.*

**Balancing the Heart Center and High Heart Center**

8. **TELL** givers and observers:

   - Givers, with your fingers pointing towards your receiver's crown, lift and hold your right hand 4 - 6 inches (10 - 15 cm) above the heart center and hold for 30 seconds.
   - Instead, you may place your three middle fingers on your receiver's high heart center with your fingers pointing towards their crown, as this creates a specific resonance.
   - If you do this, be sure to inform your receiver that you will be placing your fingers on their high heart center.

WORKBOOK
Phase I
Pg. 9
Say Aloud

- Observers, please read to the receiver the say aloud in the middle of page 9.

  *Let us give the intent to balance your ability to demonstrate the energy of love in your everyday life as you express your wholeness.*

- Givers slowly lift your right hand away from your receiver's high heart or heart center and slide your left hand from under the small of their back.
- Take a moment to sit straight in your chair.
- Relax, breathe normally and invite your receiver to take a nice deep breath.

9. **ALLOW** givers a few moments to relax in their chairs.

10. **TELL** givers to place their chairs at the head of the table.

**Balancing the Lower Body**

WORKBOOK
Phase I
Pg. 10
Lower Body

11. **TELL** givers that they will now balance the lower body.

12. **ASK** givers to stand at the receiver's right side at thigh level, feet pointing towards their head, facing the receiver's crown.

*This position deepens the calibration.*

**Balancing the Hips**

13. **TELL** givers and observers:

- Givers, place your right hand above your receiver's left hip and your left hand above their right hip.
- Hold your hands 2 - 4 inches (5 - 10 cm) above your receiver's hips with your fingertips pointing toward their crown.
- Hold for 30 - 60 seconds.
- Observers, please turn to page 10 in your workbooks and read the first say aloud to the receiver:

  *Let us focus on the energy of wholeness* (pause)*...and give the intent to strengthen the energy of wholeness within your hips, your thighs, your knees, your calves, your feet, and your center below.*

WORKBOOK
Phase I
Pg. 10
First Say Aloud

**Balancing the Knees**

Workbook
Phase I
Pg. 10
Second
Say Aloud

14. **TELL** observers:

    - Observers, please read the second say aloud on page 10 to the receiver.

      *I will be placing my hands on your knees and then on your ankles.*

15. **TELL** givers:

    - Givers please place your right hand on your receiver's left knee and your left hand on their right knee.
    - This connection encourages the energy to build and balance in these energy centers.
    - Hold for 30 - 60 seconds.

WORKBOOK
Phase I
Pg. 11
First Say Aloud

16. **TELL** observers:

    - Observers, please read to the receiver the first say aloud on page 11.

      *Your energy continues to calibrate to a new resonance as you focus on the energy of wholeness within your legs, your feet, and your Center Below. This calibration assists you in creating strong foundations for the path you choose to manifest in life.*

17. **TELL** givers to remain at the side of their table, slowly remove their hands from their receiver's knees and move towards their receiver's ankles.

**Balancing the Ankles**

18. **SAY** to givers and observers:

    - Givers, please place your right hand on the receiver's left ankle and your left hand on their right ankle.
    - Hold for 30 - 60 seconds.
    - Observers, please read to the receiver the second say aloud at the bottom of page 11.

      *Remember, the key to freedom is to be fully present in your body.*

WORKBOOK
Phase I
Pg. 11
Second
Say Aloud

19. **TELL** givers that they will now balance the head area.

## Balancing Around the Head

**Working With Groups of Two**

If you are working with groups of two, you will need to guide givers through all the steps beginning with step 20 and read all the parts designated for the observer to the receivers.

**Working With Groups of Three**

You have two options for the balancing around the head.

OPTION 1: OBSERVERS GUIDE GIVERS

Instruct the observers to begin on page 12 of their workbooks and verbally guide the givers through all the movements up to the start of *Final Adjustments* on page 18. Observers will need to read all the say alouds (intents) to the receiver where indicated. Remind them to take their time. As the groups work independently, please provide assistance as needed.

After all groups have finished, continue your teaching beginning on page 86 of the teacher manual, *Final Adjustments*.

OPTION 2: TEACHER GUIDES GIVERS

You can guide the givers and observers through all the steps beginning with number 20 below.

20. **ASK** givers to sit in the chair at the head of the table and take a moment to center themselves.

*It is a privilege to hold another human being's head and address the rings of energy.*

WORKBOOK
Phase I
Pg. 12
Say Aloud

21. **TELL** observers to read the say aloud on page 12 to the receiver:

    *I will be placing both my hands underneath or on either side of your head.*

22. **GUIDE** givers:

    - Givers, place both hands palms up in a comfortable position underneath or on either side of the receiver's head.
    - If your receiver's head is resting on a pillow, it may be more comfortable to place your hands on each side of the head. The contact is what is important.

23. **SAY:** Hold their head gently but securely with both hands for 30 - 60 seconds.

WORKBOOK
Phase I
Pg. 13
First
Say Aloud

24. **ASK** observers to turn to page 13 in their workbooks and read the say aloud at the top of the page to the receiver.

    *Feel, sense, imagine, or think about rings of energy that circle your head horizontally and vertically Let us give the intent that they calibrate into an evenly spaced, healthy pattern according to your inner wisdom.*

25. **TELL** givers to slowly move their hands away from the receiver's head and center themselves for a moment.

**Phase I Octahedron**
**Honoring the wholeness of wisdom and love**

26. **TELL** givers that you will now demonstrate setting the Phase I octahedron template.

*Remind students the octahedron shaped template looks like two pyramids joined at the base.*

27. After completing the demonstration, **TELL** givers that they will now set the Phase I octahedron template.

    *Together let us focus on the first Sacred Template of light and energy. The first template is the octahedron that supports the balanced expression of wisdom and love. May you joyfully embrace the challenge of expressing your wisdom and your love in a balanced and vital way in your everyday life.*

WORKBOOK
Phase I
Pg. 13
Second Say Aloud

28. **ASK** observers to read the say aloud at the bottom of page 13 to the receiver.

    *I will be placing my left hand underneath your neck; then I will lightly place my hand on your crown, each shoulder, and your heart center.*

29. **GUIDE** givers:

    - Givers, slide your left hand palm up underneath your receiver's neck and free your right hand.

WORKBOOK
Phase I
Pg. 14
Say Alouds

30. **ASK** observers to read the first say aloud at the top of page 14 to the receiver.

    *Please visualize an octahedron shaped template of light and energy starting at your crown …*

31. **TELL** givers:

    - Givers, lightly touch your receiver's crown with the fingers of your right hand.

32. **ASK** observers to read the second say aloud in the middle of page 14 to the receiver.

    *…extending out to each shoulder…*

33. **TELL** givers:

    - Givers, lightly touch each shoulder.

34. **ASK** observers to read the third say aloud on page 14 to the receiver.

    *…and converging at your heart center.*

35. **TELL** givers:

    - Givers, with the fingertips of your right hand, lightly touch your receiver's heart center.

36. **TELL** givers that they will now activate the Phase I octahedron shaped template, which is a contemporary alignment.

**Activating the Phase I Template – A Contemporary Alignment**

37. **GUIDE** givers:

    - Givers, keeping your left hand behind your receiver's neck, hold your right hand up with your index and middle fingers extended.

*Alignment with this energy pattern creates a beneficial resonance to encourage a healthy balance of expression between your heart and head, your love and wisdom.*

*Hold your right hand up with your middle and index fingers extended so that the givers can see a visual reference.*

WORKBOOK
Phase I
Pg. 15
Say Alouds

38. **ASK** observers to read the first say aloud on page 15 to the receiver.

    *I will now place two fingers on your high heart center.*

39. **GUIDE** givers:

    - Givers, now place those two fingers lightly on the receiver's high heart center (the thymus).

40. **ASK** observers to read the second say aloud on page 15 to the receiver.

    *Together, let us amplify concentrated golden energy through your high heart center and give the intent for its complete activation and evolution*.

41. **TELL** givers to hold this connection for 30 - 60 seconds.

42. After 60 seconds **ASK** observers to read the third say aloud at the bottom of page 15 to the receiver.

    *I will now place two fingers on your forehead.*

43. **TELL** givers to place the same two fingers on the receiver's forehead.

44. **EXPLAIN** that this connection amplifies concentrated golden energy through the third eye into the brain and pineal gland.

WORKBOOK
Phase I
Pg. 16
Say Aloud

45. **REFER** observers to page 16 in their workbooks and **ASK** them to read the say aloud to their receiver.

    *Together let us amplify concentrated golden energy through your entire brain and give the intent for your evolution to accelerate. Nurture the connection between your head and your heart, use your wisdom and love to balance the increased self-empowerment.*

*Touching the high heart and forehead facilitates the amplifying of concentrated golden energy. In essence, this is modern day alignment.*

46. **ASK** givers to hold this connection for 30 - 60 seconds.

47. After 60 seconds, **TELL** givers to gently remove their fingers from the receiver's forehead.

**Amplifying the Core Energy and Setting the Symbol**

48. **GUIDE** givers:

    - Givers, keeping your left hand behind your receiver's neck, hold your right hand above your receiver's head with your arm extended, palm facing their feet and fingers pointing upwards.

*With your body properly positioned, show this position to the givers.*

WORKBOOK
Phase I
Pg. 17
Say Aloud

49. **REFER** observers to the top of page 17 and **ASK** them to read the say aloud to the receiver.

    *One more visualization, please. Imagine there is a central column of core energy extending from your center below to your center above. Feel, sense, imagine or think about this central core radiating with golden energy. Breathe deeply and give the intent to increase the radiating of your energy.*

*This movement opens the channel for the energy of the earth to flow upwards and meet the energy of heaven. It lays the foundation for the marriage of the biology to the spirit. The earth energy rises to meet heaven energy and heaven energy descends to meet earth energy.*

50. **GUIDE** givers:

    - Givers, move your right hand straight back, slowly drawing the golden energy upwards through the receiver's entire body.
    - And finish with your hand next to your receiver's crown, to the right of center.

*Animate this movement while you are describing it.*

WORKBOOK
Phase I
Pg. 17

51. **SAY** to givers:

    - Givers, now trace the figure eight symbol that you learnt earlier and complete with a counterclockwise circle.

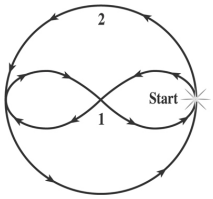
52. **TELL** givers to set the resonance of the symbol by centering the palm of their right hand over the symbol they have just completed tracing.

53. Once all the givers have completed the movement, **TELL** them to slowly move their hand away from the symbol and slide their left hand out from under the back of their receiver's neck.

54. **ASK** givers to remain seated, take a deep breath and center themselves for a moment.

55. After a couple of moments, **TELL** givers that they will now complete the final adjustments.

*Animate this movement so the givers can see what it looks like.*




**Final Adjustments**

WORKBOOK
Phase I
Pg. 18
Say Aloud

56. **REFER** observers to bottom of page 18 in their workbooks and **ASK** them to read the say aloud to the receiver.

    *I will be placing my hands on your jaw.*

57. **ASK** givers to place their hands on the receiver's jaw, around the area of the joint and hold for 30 - 60 seconds.

*Be sure that givers are holding the joint of the jaw and not the chin.*

WORKBOOK
Phase I
Pg. 19
Say Aloud

58. **REFER** observers to page 19 and **ASK** them to read the say aloud to the receiver.

    *If there are any other adjustments to be calibrated through your lattice, please allow them to be made now, and as always, in accordance with your inner wisdom.*

*The focus is on your lattice however, the rest of your energy field also affected.*

59. **ASK** givers to slowly move their hands away from their receiver's jaw and rest them on their laps.

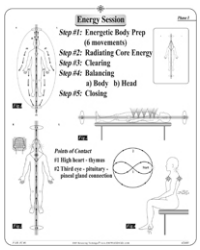
60. **SAY** to givers:

- Givers, you're almost done. Center yourself and take a deep breath.

*Take a deep breath with the class.*

## STEP 5: CLOSING

### Amplifying Energetic Awareness and Grounding




FLIP CHART
#6 Closing

1. **REFERRING** to the flip chart, **INTRODUCE** Step 5 - Closing.

2. **TELL** givers to move along their receiver's right side and stand at the bottom of the table, arms extended and palms facing the soles of their receiver's feet.

3. **EXPLAIN** to givers that they will now amplify golden energy up and through the body.

WORKBOOK
Phase I
Pg. 21
First
Say Aloud

4. **REFER** observers to page 21 and **ASK** them to read the first say aloud to the receiver.

   *Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice…and acknowledge the energy of wholeness.*

WORKBOOK
Phase I
Pg. 21
Second
Say Aloud

5. **ASK** observers to read the second say aloud at the bottom of page 21 to the receiver:

   *As I place my hands on your ankles, remember it is here and now in everyday life you evolve your ability to manifest all that you are.*

*Givers remain at the bottom of the table.*

6. **TELL** givers to firmly but gently hold their receiver's ankles for 30 - 60 seconds.

7. **EXPLAIN** to givers that the reason that the ankles are held is for a good grounding or anchoring.

*You can choose to ask this as a question.*

8. **ASK** givers to slowly remove their hands from their receiver's ankles, step to their left and gently uncover their receiver.

WORKBOOK
Phase I
Pg. 22
Say Alouds

9. **ASK** givers to repeat after you:

   *Please roll onto your side, facing me, and sit up.*

   *Carefully slide to your left so you are near the end of the table.*

*Tell givers that looking confident in respectful celebration is important. Every time you celebrate the empowerment of another human being, you celebrate your own empowerment. Note from Peggy to givers: Please smile and look confident!*

**Final Grounding and Greeting**

10. **TELL** givers to stand in front of their receiver with their arms extended, palms up and amplify energy towards their feet.

11. **EXPLAIN** that amplifying energy toward the feet provides increased grounding.

12. **ALLOW** 30 - 60 seconds for the energy to flow. Smile and look confident.

13. **TELL** givers to move to their right and walk around the end of the table to the back of their receiver.

**Back Discharge**

**Back Discharge - Left Side**

14. **TELL** givers that you will now demonstrate the back discharge for the left and right side of the back.

WORKBOOK
Phase I
Pgs. 24-25

15. After completing the demonstration **TELL** givers that they will now practice this movement.

16. **REFER** observers to pages 24 - 25 in their workbooks.

WORKBOOK
Phase I
Pg. 24
Say Aloud

17. **ASK** observers to read the say aloud at the top of page 24 to the receiver:

    *I will be placing both of my hands on your back ....Let us give the intent to discharge the energy of frustration and to further encourage the energetic posture of support.*

*Mention that this is the same movement that they did in the Intro Session during the UCL workshop.*

18. **SAY** to givers:

    - Givers, stand behind your receiver, at his or her right shoulder.
    - Place your right hand on their back heart center and place your left hand on the left side of their back, directly above the waist.
    - Keeping your right hand on the heart center, move your left hand straight back 24 inches (60 cm) and hold for a few seconds to build energetic tension.
    - Now, without moving your left hand, bring your right hand all the way back to your left hand and disconnect.
    - Complete this movement two more times please.

*The back discharge clears the energy of frustration that can accumulate within this area and undermine our ability to stand upright in the world.*

*This movement also prepares the energy field for Phase II.*

**Back Discharge - Right Side**

- Still standing behind the receiver, place your right hand again on the back heart center and place your left hand on the right side of the back, directly above the waist.
- Keeping your right hand on the heart center, move your left hand straight back 24 inches (60 cm) and hold for a few seconds to build energetic tension.
- Now, without moving your left hand, bring your right hand all the way back to your left hand and disconnect.
- Complete this movement two more times please.

## High Heart Alignment and Closing Statement

19. **TELL** givers to stand at the end of the table, next to their receiver's left shoulder, so that they are ready to perform the high heart alignment.

WORKBOOK
Phase I
Pg. 26
Say Alouds

20. **REFER** observers to page 26 and **ASK** them to speak the first say aloud to the receiver.

    *I will be placing my right hand on your back high heart center and my left hand on your front high heart center.*

*Every time you encourage high heart alignment in another human being, your own high heart center responds.*

21. **GUIDE** givers:
    - Givers, please place your right hand on the receiver's back high heart center, and your left hand on their front high heart center.
    - Hold for 30 - 60 seconds.

22. **ASK** observers to read the second say aloud on page 26 to the receiver.

    *Relax and breathe deeply. This is a pure place of centeredness and peace and it is always here.*

23. **ASK** observers to read the third say aloud on page 26 to the receiver.

    *I will now place my left hand on the back of your neck.*

24. **TELL** givers to keep their right hand on their receiver's back high heart center and place their left hand on the back of their receiver's neck.

WORKBOOK
Phase I
Pg. 27
Say Alouds

25. **ASK** observers to turn to page 27 and read the last two say alouds to the receiver. **REMIND** observers to begin the first say aloud with the receiver's name:

    *(Say receiver's name) Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.*

    *I honor you and the Infinite Potential within you. And so it is.*

*Tell students that in this final say aloud we amplify and direct the energy.*

26. **ASK** givers to gently remove their hands from their receivers.

27. **ASK** receivers to take 5 minutes and provide feedback to the givers on the session they just received.

28. **TELL** the class they will take a 10 minute break and when they return you will summarize and then break for lunch.

**--- 10 minute break ---**

## Morning Summary

***
FLIP CHART
Schedule and
Phase I Steps

1. **WELCOME** the class back from their break.

2. **REFERRING** to the flip chart, provide a **GENERAL SUMMARY** of the morning session by **SAYING:**

   - We started this morning discussing the theory of the Arc and then as you stimulated each of the energy bands on your head, I came around to each of you and performed the Arc Alignment.
   - Then we discussed the five steps in Phase I: the Energetic Body Prep, Radiating Core Energy, Clearing, Balancing and Closing.
   - Next, we saw a video demonstration of Phase I.
   - And finally, we divided into groups and completed the first practice session.

3. **ASK** for questions and respond as needed.

4. **PROVIDE** details regarding the lunch break:

   - Lunch will be (*length of time for lunch*) and we will start the afternoon session promptly at _____pm.

*Begin with the schedule and finish with highlighting the steps of Phase I.*

*1-1$^{1/2}$ hours is recommended if time permits.*

*You may adjust the length of the break depending on your training location and time.*

- - - - E N D O F M O R N I N G S E S S I O N - - - -

**- - - L U N C H B R E A K - - -**

EMF Balancing Technique®

*Honoring Humanity*

# Unit 5

# **Practice Session 2**

## Unit 5: Practice Session 2

Time: 1 hour 15 minutes

1. **WELCOME** the class back from lunch and introduce the second practice session:
    - Now we will begin our second practice session. The givers now becomes the receiver, the observer becomes the givers and the receiver becomes the observer.

*Remind students to refer to their student rotation forms if they are unclear of their next role.*

Turn to page 57 step 9 and begin Practice Session 2.

After completing Practice Session 2, provide a 10 minute break before proceeding to Unit 6 Practice Session 3.

**--- 10 minute break ---**

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# Unit 6

# **Practice Session 3**

## Unit 6: Practice Session 3

Time: 1 hour 15 minutes

1. **WELCOME** the class back from break and introduce the third practice session:
    - Now we will begin our third and final practice session. Please rotate into your next role.

*Remind students to refer to their student rotation form if they are unclear of their next role.*

Turn to page 57 step 9 and begin Practice Session 3.

After completing Practice Session 3 provide a 10 minute break and then proceed to Unit 7 Summary and Conclusion.

**--- 10 minute break ---**

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# Unit 7

# **Summary and Conclusion**

## Unit 7: Summary and Conclusion

Time: 45 - 60 minutes

**Review the Energy Session**

*This is an extensive review. You may abbreviate this review if you feel your students have obtained a clear understanding of the movements. Also if it is late in the day, you may provide this review at the beginning of the next class meeting.*

1. **WELCOME** the class back from break.

2. **ASK** the class to share some of their experiences while they were experiencing a session.

3. **CONGRATULATE** everybody on doing a great job.

*As you ask questions to the class, provide the answers that the class struggles with. Congratulate those students that provide correct answers or efforts made.*

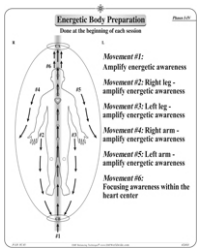
WORKBOOK
Energetic Body Prep
Pg. 15

4. **REFER** the class to the Energetic Body Prep illustration on page 15 of their Energetic Body Prep Workbooks. Also refer them to the energy session page on page 32 in their Phase I workbooks.

WORKBOOK
Phase I
Pg. 32 Energy Session

5. **EXPLAIN** the Energetic Body Prep illustration and the Phase I energy session page:
   - We will use these illustrations to review your Phase I session.
   - Using each of the illustrations, I will guide you through each step in your Phase I session.
   - As I do, you will be able to label key information.
   - Feel free to make any notes you feel are important.

*During your review, be sure to provide reinforcing comments such as "well done" or "good answer".*




FLIP CHART
#5 Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pg. 15

6. **REFER** the class to the illustration on page 15 in their Energetic Body Prep workbooks and **ASK:**
   - What do we call the area labeled as CB?

     Desired Response: *Center Below*

7. **REFERRING** to the CA **ASK:**
   - What does the area labeled CA refer to?

     Desired Response: *Center Above*

8. **REFER** to the area diagramed as Core Energy and **ASK:**
   - What do we call this column of energy that runs from the Center Below to the Center Above?

     Desired Response: *Core Energy*

9. **POINT OUT** the R and L which designate the right and left side of the receiver.

10. **TELL** the class that there are five steps in Phase I. **ASK:**
    - Who would like to volunteer to name them?

      Desired Response: *Energetic Body Prep, Radiating Core Energy, Clearing, Balancing and Closing*

*Use the flip chart as a reference as you review the Energetic Body Prep.*

*Provide reinforcing comments for answers, like "good" or "well done".*

## STEP 1: ENERGETIC BODY PREP

*It is helpful to briefly demonstrate some movements that will help reinforce your review of them.*

### The Honoring

11. **TELL** the class that there is the honoring that is stated at the beginning each session.

12. **SAY:**

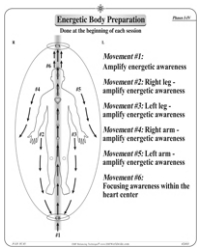
    - Standing at the foot of the table with your arms extended, palms facing the feet, you stated the honoring.

13. **ASK:**

    - Who would like to say the honoring?

14. **CHOOSE** a volunteer to repeat the honoring and assist them as needed.

    Desired Response: *From the Infinite Potential within me to the Infinite Potential within you and in honor of each of our unique beliefs, let us begin.*




FLIP CHART
#5 Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pg. 15

15. **SAY** to the class:

    - Using your illustration on page 15 of your Energetic Body Prep workbook, let's begin reviewing the Energetic Body Prep.
    - How many movements are there in the Energetic Body Prep?

      Desired Response: *Six*

    - What is the first movement?

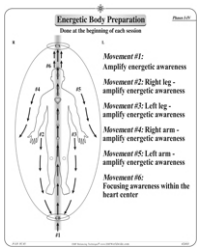
      Desired Response: *Amplifying energetic awareness*

*Refer to the diagram and show the movement of energy for amplifying energetic awareness.*

## Amplifying Energetic Awareness

16. **REFER** the class to #1 on the diagram and **EXPLAIN:**

    - You began by amplifying golden energy up through the body, knees and thighs, hips, to the waist, through the back, abdomen and chest, into the shoulders, down the arms, out the hands, through the neck and head and out the top of the head.




FLIP CHART
#5 Energetic Body Prep

17. **EXPLAIN:**

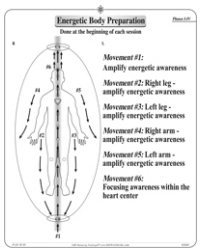
    - This movement initiates the circulation of energy and assists the receiver in raising their vibrational frequency, sets the resonance for a good session and prepares the body energetically.
    - We start with golden energy because that is the resonance that we are amplifying through the body.
    - On your Energetic Body Prep illustration, next to *Movement #1*, please write *Amplifying energetic awareness.*

WORKBOOK
Energetic Body Prep
Pg. 15

## Right Leg – Amplifying Energetic Awareness

18. **EXPLAIN** amplifying energy down the right leg:

    - The second movement, amplifying energy down the right leg, is represented by #2.
    - You started at the top of the thigh and keeping your hands 2-4 inches (5-10 cm) above the receiver's leg, you moved down the leg in one smooth continuous movement until you reached the toes of the receiver's right foot.
    - At the end of the foot, you held your right fingertips above your receiver's toes and rotated your left palm until it faced the sole of their foot with your fingers pointed downward.




FLIP CHART
#5 Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pg. 15

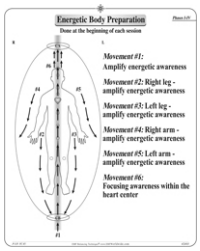
- You then held this position momentarily and keeping your right fingertips over the receiver's toes, you brought your left hand back 24 inches (60 cm) in a straight horizontal line, level with their foot.
- You held this position for a few seconds to allow the energetic connection to build and then brought your right hand back to disconnect.
- And as you recall, the disconnect is a palm sweeps palm followed by a fingertips sweeps fingertips movement.
- The intent here is to enhance a strong connection to the Center Below.
- On your Energetic Body Prep illustration, next to *Movement #2*, please write *Right leg – amplify energetic awareness*

19. **ASK:**

- What movement is next?

  Desired Response: *Left leg – amplify energetic awareness*

## Left Leg – Amplifying Energetic Awareness




FLIP CHART
#5 Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pg. 15

20. **REFER** the class to #3 and **EXPLAIN** amplifying energy down the left leg with the same detail as the right leg.

21. **TELL** the class:

    - The same say aloud is repeated that was used for the right leg to enhance a strong connection to the Center Below.
    - On your Energetic Body Prep illustration, next to *Movement #3*, please write *Left leg – amplify energetic awareness*

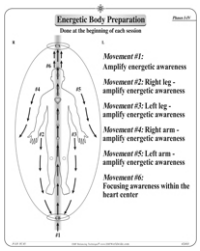
22. **ASK:**

    - What movement is next?

      Desired Response: *Right arm – amplify energetic awareness*

*Remind the class that during the sessions they will do outside of class they will walk around the bottom of the table to the receiver's left side.*

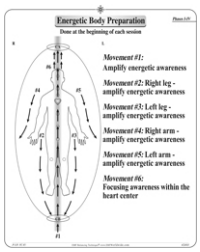
## Right Arm – Amplifying Energetic Awareness




FLIP CHART
#5 Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pg. 15

23. **REFER** the class to #4 and **EXPLAIN** amplifying energy down the right arm:
    - Facing the receiver's crown, you uncovered your receiver's arm so that the palm faced up and if necessary uncurled their fingers.
    - Your hands 2 - 4 inches (5 - 10 cm) from the body, you began at the right shoulder with your left palm below the shoulder and your right palm above the shoulder. You then amplified the energy down the right arm to the receiver's fingertips.
    - As you reached the receiver's right hand, you turned your body so your back was facing their right leg.
    - You continued until you aligned your fingertips with the receiver's fingertips, at a distance of approximately 2 - 4 inches (5 - 10 cm).




FLIP CHART
#5 Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pg. 15

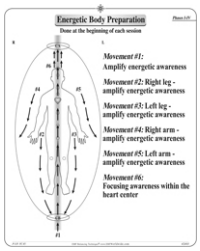
- You held this position momentarily and then moved your left hand away from your receiver's hand to a distance of about 24 inches (60 cm).
- Then after holding for a few seconds, allowing the energetic tension to build, and without moving your left hand, you brought your right hand back to your left hand and disconnected.
- Then you placed your receiver's arm in its original position and replaced their cover.
- The intent was for the receiver to increase the radiating of their heart energy, creating greater freedom.
- On your Energy Body Prep illustration, next to *Movement #4*, please write *Right arm – amplify energetic awareness*

24. **ASK:**

- What movement is next?

  Desired Response: *Left arm – amplify energetic awareness*

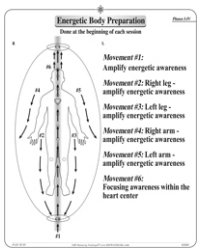
## Left Arm – Amplifying Energetic Awareness




FLIP CHART
#5 Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pg. 15

25. **REFER** to #5 and **EXPLAIN** amplifying energy down the left arm:
    - Once again you were facing the receiver's crown, and just as you did with the right arm, you uncovered your receiver's arm making sure the palm faced up and if necessary uncurled their fingers.
    - Your hands 2 - 4 inches (5 - 10 cm) from the body, you began at the left shoulder with your right palm below the shoulder and your left palm above the shoulder. You then amplified the energy down the left arm to the receiver's fingertips.
    - Once you aligned your fingertips with your receiver's fingertips, you rotated your hands so that your left palm faced up.




FLIP CHART
#5 Energetic Body Prep

WORKBOOK
Energetic Body Prep
Pg. 15

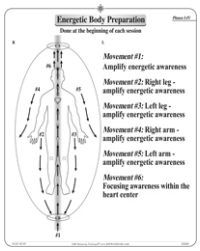
- You held this position momentarily and then moved your left hand away from your receiver's hand to a distance of about 24 inches (60 cm).
- Then after holding for a few seconds allowing the energetic tension to build and without moving your left hand, you brought your right hand back to your left hand and disconnected.
- Then you placed your receiver's arm in its original position and replaced their cover.
- The intent is the same as for the right arm - to increase the radiating of their heart energy, creating greater freedom.
- On your Energetic Body Prep illustration, next to *Movement #5*, please write *Left arm – amplify energetic awareness.*

26. **ASK:**

- What movement is next?

  Desired Response: *Focusing awareness within the heart center*

## Focusing Awareness Within the Heart Center




FLIP CHART
#5 Energetic Body Prep

27. **REFER** to #6 and **EXPLAIN** amplifying energy towards the heart center:
    - After completing your work with the left arm the next movement was to amplify golden energy towards the heart center.
    - Standing at your receiver's right shoulder and facing their crown, you held your right palm upwards and pointed your fingertips downwards toward the heart center at a 45 degree angle about 4 - 6 inches (10 - 15 cm) above your receiver's body.
    - At the same time, your left hand with palm facing your receiver's crown circled clockwise with a diameter of 4 - 6 inches (10 - 15 cm).
    - Then you stopped circling. Your left hand remained stationary, while you rotated your right hand to a horizontal position so your palm faced the receiver's heart center at a distance of about 3 inches (7 cm) with your fingers pointing toward your receiver's crown.
    - Then while your right palm remained over your receiver's heart center, you drew your left hand back and away from their crown to a distance of 24 inches (60 cm).
    - Holding for a few seconds to build the energetic tension and without moving your left hand, you brought your right hand to your left for a smooth disconnect.
    - The intent here is for a strong, clear connection to the Center Above.
    - On your Energetic Body Prep illustration, next to *Movement #6*, please write *Focusing awareness within the heart center.*
    - That completes the Energetic Body Prep.

*Remind givers that when they are working with their receivers during a session, they will walk around the bottom of the table to their receiver's right shoulder.*

*Demonstrating this will help illustrate your explanation.*

WORKBOOK
Energetic Body Prep
Pg. 15

28. **ASK** students:

- How many times should you perform each of these movements?

  Desired Response: *3 - 9 times depending on the needs of your receiver.*

29. **REMIND** students:

- Also remember that the number of times that you perform these movements may or may not be the same for each side of your receiver, depending on the needs of your receiver.

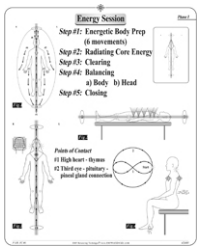
30. **ASK** for questions and respond as needed.

WORKBOOK
Phase I
Pg. 32
Energy Session

31. **SAY:**

- Please go to your Phase I workbook. We will now review the rest of your Phase I session using page 32.
- As you can see Figure 1 is what we just completed, the Energetic Body Prep.
- So next to *Step #1*, just to the right of Figure 1, please write *Energetic Body Prep (6 movements).* This indicates the first step in Phase I.

## STEP 2: RADIATING CORE ENERGY




FLIP CHART
#6 Energy Session

WORKBOOK
Phase I
Pg. 1
Radiating core energy

32. Review the second step by **ASKING:**

- What is the next step after the Energetic Body Prep?

  Desired Response: *Radiating Core Energy*

- Please refer to your Phase I workbook page 1.

33. **ASK:**

- What do you need to ask your receiver before you begin this movement?

  Desired Response: *(Say Receiver's name) In this moment do you choose to increase the radiating of your Core Energy?*

*Provide assistance as needed.*

WORKBOOK
Phase I
Pg. 2
Radiating core energy

34. **REFERRING** to Figure 2 on the energy session page and to page 2 in the Phase I workbook, **EXPLAIN** Radiating Core Energy:

- Radiating Core Energy simply means encouraging the person's Core Energy - their purest essence of Self - to radiate outwards.
- You started by standing at your receiver's right shoulder and facing their crown, you raised your left hand to receive clear energy. Your right hand was held with your palm facing you and your fingertips pointing straight down towards their crown.
- Then you slowly walked backwards moving your right hand in the same plane about 6 inches (15 cm) above your receiver's body to the base of the spine.
- After reaching the base of the spine, you slowly lifted your hand to a height approximately even with the height of your left hand.

WORKBOOK
Phase I
Pg. 32
Energy Session

- Using the illustration on page 2 in your Phase I workbook as a guide, please draw the path of the movement I just described to you on Figure 2 of your Phase I energy session page.

*Allow a few minutes for students to complete their drawings.*

- Now, next to *Step #2* just to the right of Figure 1, please write *Radiating Core Energy.*

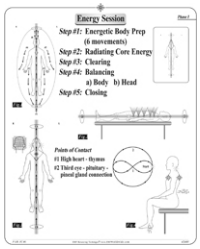
*Invite the class to use their Phase I workbooks for reference throughout the review.*

## STEP 3: CLEARING

35. Review the third step by **ASKING:**

    - What is the next step after Radiating Core Energy?

      Desired Response: *Clearing*




FLIP CHART
#6 Energy Session

36. **EXPLAIN:**

    - As you recall, we cleared the energy centers by holding your right hand at an angle of 45 degrees, amplifying golden energy toward the energy center. Your left hand was held with palm down 4 - 6 inches (10 - 15 cm) above the energy center.
    - You circled clockwise for several rotations, then stopped circling and raised your left hand straight up 24 inches (60 cm).
    - Holding for a few seconds you allowed the energetic tension to build. Then without moving your left hand, you brought your right hand to the left hand to disconnect with a palm sweeps palm, fingertips sweeps fingertips movement.

WORKBOOK
Phase I
Pg. 32
Energy Session

37. **HIGHLIGHT** the purpose of clearing the energy centers:

- When you are clearing the energy centers, you are actually "calibrating" them. Calibration means to gauge and strengthen so that you can hold as much of your divine nature as possible.
- As the filaments of the UCL respond to the calibration, it allows more Core Energy to come through.

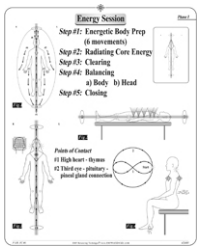
38. **ASK:**

- What is the first area that we clear?

  Desired Response: *Solar plexus*

39. **SAY:**

- Clearing the solar plexus keeps the energy stable for the rest of the calibration, and also releases old energy hooks.




FLIP CHART
#6 Energy Session

40. **SAY:**

- So, on your illustration labeled Figure 2, write *#1* and *solar plexus* next to the vortex of the solar plexus.

41. **ASK:**

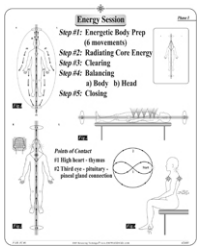
- What is the second area that we clear?

  Desired Response: *Creative center and the base center.*

WORKBOOK
Phase I
Pg. 32
Energy Session

42. **SAY:**

- Yes, you cleared two energy centers at the same time - base center and creative center together. This sets a good foundational energy. You amplified energy to the base center and circled over the creative center.




FLIP CHART
#6 Energy Session

WORKBOOK
Phase I
Pg. 32
Energy Session

43. **SAY:**

- So, on your Figure 2 illustration, write *#2* and *creative* next to the vortex of the creative center.

44. **ASK:**

- What is the third area that we clear?

  Desired Response: *Heart center*

45. **SAY:**

- This movement also calibrates the high heart center and some of the fibers in the throat center.

46. **SAY:**

- So, on your Figure 2 illustration, write *#3* and *heart* next to the vortex of the heart center.
- At this point, you've completed all three clearing movements.

47. **REMIND** the class:

- Keep your circling movements slow and steady.
- The circling movement creates a magnetic vortex, to which the fibers from within the energy center can respond.
- You perform the movements 3 - 9 times on each energy center.
- Next to *Step #3* just to the right of Figure 1, please write *Clearing*.

48. **ASK** if there are any questions before you move forward and respond as needed.

*Remind the class that golden energy is used for clearing.*

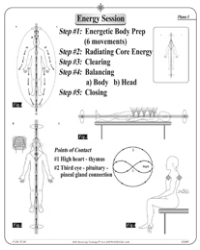
## STEP 4: BALANCING

49. **ASK:**

- What is the fourth step?

  Desired Response: *Balancing*

### Balancing the Upper Body




FLIP CHART
#6 Energy Session

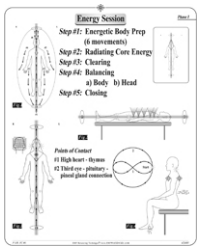
WORKBOOK
Phase I
Pg. 32
Energy Session

50. **REFERRING** to the Phase I energy session page **EXPLAIN:**

- So now, looking at your Figure 2 illustration, you began balancing the upper body, following the same sequence that you did during clearing: solar plexus, creative center and the heart center.
- As you recall you performed this movement sitting down.
- You held your left hand under your receiver's back and placed your right hand on the solar plexus, then 4 - 6 inches (10 - 15 cm) above the creative and then above the heart center or on the high heart center.
- During the balancing of these three energy centers you kept your fingers pointing towards your receiver's crown, which maximized the calibration.
- Then, holding yourself in your Core Energy, you amplified universal energy through.
- After completing this movement, you slid your left hand out from under your receiver's back.
- Then you stood and placed the chair at the top of the table.

*Remind the class to use their three middle fingers if they choose to place them on the body when balancing the high heart center.*

## Balancing the Lower Body




FLIP CHART
#6 Energy Session

WORKBOOK
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Energy Session

51. **REFERRING** to the Figure 2 illustration **EXPLAIN:**

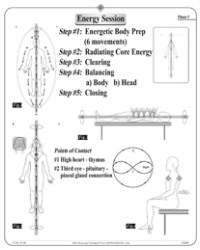
- Then you balanced the lower body by holding your hands 2 - 4 inches (5 - 10 cm) above the hips with your right hand above your receiver's left hip and your left hand above their right hip.
- Then you held the knees.
- You finished by holding the ankles from the side of table (i.e. not from the bottom of table).
- The hips, knees and ankles are designated on your illustration by a star symbol for easy reference.
- On your energy session page, just to the right of Figure 1, write *Balancing* next to *Step #4*.
- Also, as a reminder that we balance the body and the head in this step, please write *body* and *head* next to *Balancing*.

52. **ASK:**

- What is the next place that we balanced?

  Desired Response: *The head*

## Balancing Around the Head




FLIP CHART
#6 Energy Session

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53. **REFER** the class to Figure 3 at the lower left of the energy session page and **EXPLAIN:**

- You can see the horizontal and vertical rings of energy illustrated in Figure 3.
- You placed both hands underneath or on either side of your receiver's head and held for 30 - 60 seconds. The contact here is important.
- Then speaking a say aloud (intent), you balanced the horizontal and vertical rings of energy around your receiver's head and facilitated the setting of the pattern according to the person's innate wisdom.

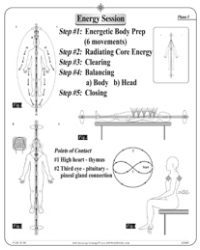
## Phase I Octahedron
## Honoring the Wholeness of Wisdom and Love

54. **REVIEW** setting the Phase I octahedron template:

- Next, you set the Phase I octahedron template, two square based pyramids base to base.
- You asked your receiver to visualize the template starting at their head, extending out to each shoulder and converging at their heart center.
- You can see the template illustrated in Figure 3.
- As you spoke, you touched these places in turn. Then you activated the template by placing two fingers – index and middle - on their high heart center (thymus) and then on their forehead (3rd eye).
- These two places are illustrated in Figure 3 with a star at the third eye and a symbol at the high heart center.

- You amplified concentrated golden energy through your two fingers and asked them to nurture the connection between their head and their heart, and so to use their wisdom and their love. This is a modern day alignment.
- Under *Points of Contact* to the right of Figure 3, next to #1 please write *High Heart – Thymus.*
- And next to #2 please write *Third Eye – Pituitary – Pineal Gland Connection.*

**Amplifying the Core of Energy and Setting the Symbol**




FLIP CHART
#6 Energy Session

WORKBOOK
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Energy Session

55. **EXPLAIN** amplifying the central column of energy and setting the symbol:

*The 'central column' is the 'core'.*

- Next, you amplified the central column of energy by extending your right arm and asking your receiver to visualize a column of golden light filling the entire length of their body from their feet to their head.
- Then you drew your right arm toward the crown and then traced the figure eight infinity symbol, followed by a counterclockwise circle above your receiver's crown.
- You can see this symbol illustrated to the right of the heading *Points of Contact* near the bottom right of your page.
- Let's take a moment and trace that symbol one more time, in the air.
- Beginning at the start point, you traced up and to your left and continued through the figure eight - this is #1 on your energy session page.
- Then you finished with a counterclockwise circle as shown by the #2.

## Final Adjustments

56. **REVIEW** making the final adjustments:

- Then the last thing that you did in Step 4 was work with the jaw.
- You held the joint of the receiver's jaw to facilitate any other adjustments to your receiver's lattice that were appropriate.
- This is illustrated in Figure 3 by two stars at the jaw.

## STEP 5: CLOSING

57. **SAY:**

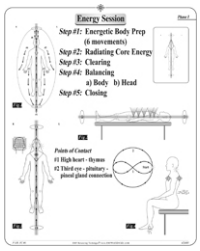
- This brings us to the fifth and final step in Phase I, which is the Closing.

58. **ASK:**

- What is the first movement that you did in the Closing?

  Desired Response: *Amplifying Energetic Awareness and Grounding*

## Amplifying Energetic Awareness and Grounding




FLIP CHART
#6 Energy Session

WORKBOOK
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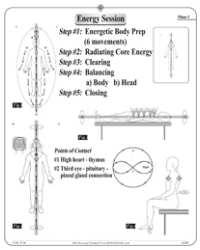
59. **SAY:**

- Yes, you amplified golden energy up and through your receiver's body. This helped to integrate the changes that had been made during the session.
- Then you stayed at the end of the table and held your receiver's ankles for anchoring.
- After holding your receiver's ankles for 30 - 60 seconds, you had them sit up and slide down to the end of the table.
- You then extended your arms and amplified some energy to their feet for a final grounding for 30 - 60 seconds.

*You can refer your students to Fig. 3 and Fig. 4 in their workbooks on Pg. 32 for illustrated references.*

## Back Discharge - Left Side




FLIP CHART
#6 Energy Session

60. **EXPLAIN:**

- Then you moved behind your receiver and with your right hand on their back heart center, you placed your left hand on the left side of their back, directly above the waist.
- Then keeping your right hand on the back heart center, you moved your left hand straight back 24 inches (60 cm) and held for a few seconds to build the energetic tension.
- Then you brought your right hand all the way back to your left hand and disconnected.
- During the practice session you performed this movement three times.

## Back Discharge - Right Side

61. **EXPLAIN:**

- Next, you returned your right hand to their back heart center and placed your left hand on the right side of their back, directly above the waist.
- Then keeping your right hand on the back heart center, you moved your left hand straight back 24 inches (60 cm) and held for a few seconds to build the energetic tension.
- You then brought your right hand all the way back to your left hand and disconnected.
- During the practice session you performed this movement three times.
- It is in this part of the back that we often store anger and frustration.
- Looking at Figure 4 on your energy session page you can see this movement represented by the arrows on the figure sitting up.

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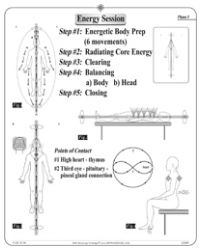
## High Heart Alignment and Closing Statement




FLIP CHART
#6 Energy Session

WORKBOOK
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62. **SAY:**

- Then you completed the high heart alignment where you placed your left hand on the front high heart center and your right hand on the back high heart center and held for 30 - 60 seconds.
- Again, referring to Figure 4, you can see the front and back high heart centers noted by the two symbols.
- And finally, you moved your left hand from the front high heart center, placed it on the back of your receiver's neck and spoke the closing statement.
- You then relaxed your arms at your side and received feedback from your receiver.
- Next to *Step #5*, please write the last step in Phase I - *Closing.*

*You can refer your students to Fig. 4 on Pg. 32 for an illustrated reference.*

## Final Thoughts

63. **SHARE** these final thoughts:

- It is important to inform the receiver whenever you intend to place your hands on them.
- For example, placing two fingers on the high heart center would require you to tell the receiver that you will be placing two fingers on their high heart center.
- When you start giving sessions, the say alouds (intents) can be read. As you become familiar with them, they become more "conversational".

64. **REMIND** students that the EMF Balancing Technique is very sacred work and it is ***critically*** important that every students respect the receiver's boundaries as well as be clear with their own, both verbally as well as physically.

65. **ASK** for questions about the Phase I energy session review and respond as needed.

**Conclusion**

*If you choose you may end the class with an energy exercise. Please refer to the Teacher Support section page 142 for a list of options.*

1. **INFORM** the class of the date and time of your next class.

2. **TELL** students that when they return you will introduce Phase II, Self-Direction and Self-Support.

3. **REMIND** the class to bring their Energetic Body Prep workbooks with them to the next class.

4. **THANK** the class for all their work and participation.

5. **CLOSE** the training.

EMF Balancing Technique®

*Honoring Humanity*

# Teacher Support

## Teacher Support

### A. Arc Alignment

The Arc Alignment has two steps. The first step is for students to energize their own ten bands of energy that lie on their brain. The second step is for you to perform an alignment on each student.

As your students are centering themselves, take a few moments and go through the following "tune up":

**Three:** Think, imagine or feel a strong and steady arc of golden light, almost solid, through the nerves that separate both lobes of your brain.

**Two:** Amplify this golden light and the feeling of strength down through your spine.

**One:** Become aware of the help and support that is present as you perform this alignment.

Once you have completed this "tune up", you can begin to administer the alignment to your students.

### Administering the Arc Alignment

1. Stand at the student's right shoulder. As you place you hands on the student, tell them what you will be doing.

2. Place the index and middle fingers of your right hand in the center of their forehead, in the area commonly known as the third eye.

3. Place the three middle fingers of your left hand at the base of the skull (the occipital ridge).

4. **SAY:** *Together, let us amplify golden light, through the nerves, forming an arc of golden light from the back to the front, front to back, back to front, front to back, back to front, front to back.*

   *Now allow this golden light to continue moving at its own speed.*

   Pause for 30 seconds.

5. Place the three middle fingers of your left hand on the back of the heart center.

   **SAY:** *Inhale deeply; exhale slowly and relax. Please place your attention at the base of your spine. Inhale deeply……now as you breathe out, amplify golden energy to move up through your spine, over the top of your head and off your third eye in a wave-like movement.*

   Pause for 15 seconds.

6. Raise your left hand and place the same three fingers on the back of the skull (occipital ridge).
7. **SAY** *Together, let us amplify golden light, through the nerves, forming an arc of golden light from the back to the front, front to back, back to front, front to back, back to front, front to back.*

   *Now allow this golden light to continue moving at its own speed*
8. Pause for a moment and remove your hands slowly. You may place your hands together and bow with a gentle *Namaste.*
9. Perform the same movements with each student.

## B. Group Configuration for Larger Size Classes

The ideal configuration for a group is three. This allows for each person to have the experience as a giver, receiver, and observer.

However if you do not have the number of students in class to form all groups with three per group then you will have a mix; some groups will have three students and some groups will have two students.

When you have a group that has two students: for the first practice session, ask those students to join groups that have three students. Their role will be observers, making two observers for those particular groups. After that, the students that joined the groups of three to observe, regroup with their partners and work with each other during the second and third practice sessions. In the second practice session, one student is the receiver and the other student the giver. Then for the third session, they switch roles. You will need to read the say alouds (intents) for them during the practice sessions because they will not have an observer to fulfill that role.

You can have your class choose their groups or you can help organize the groups.

## C. Practice Sessions

Be sure that your tables are set up ahead of time. This will depend on the location of your training. Most importantly, you need enough room so that each group can work comfortably.

Each table should have the necessary covers. Head support and eye pillows optional.

## D. Observation

It is very important to be fully aware of what each student is doing during the practice sessions. This will require walking around the room observing and providing assistance as students perform their movements.

## E. Pacing

Pacing is important when you are providing verbal directions to the group or speaking the meditations. It is important that you pace yourself in a way that the group is able to follow you. In every class there are those students that will be slower than the majority of the group. Make the necessary adjustments for these students without delaying the rest of the class.

## F. Voice Modulation

During the meditation exercises, modulate your voice so that it is appropriate for the meditation that you are doing. Make sure the music is adjusted appropriately so that it doesn't compete with your voice. This may require a simple sound check before class begins. Also make sure that the entire class can hear you. You may need a microphone if you are in a larger room.

## G. Room Arrangement

It has been our experience that when you set up the room, it works well to have the front of the room for your lecture and the back of the room for your practice sessions. Also, have a chair at the head of each table. Students will need these when they do the balancing part of the session. Other room arrangements may be necessary depending on your location.

## H. Displaying Wall Charts and Flip Charts

Wall charts and flips charts are excellent reference points. Anything that enhances what you are teaching in the form of a visual and/or text reference will help accentuate the learning. Also, displaying the day's schedule helps keep the class on track as well as keep students aware of where they are in the training.

## I. Optional Energy Exercises

Any of the following energy exercises can be used to open the morning session and to close the day.

To Open a Class in the Morning

Opening Circle
Alternating Sweep
Circle with Energy Activation Symbol

End of Day

Circle with Energy Activation Symbol
Golden Pyramid of Freedom
Octahedron Exercise

Guidelines for Optional Energy Exercises

1. Opening Circle: This exercise is described in detail in the UCL teacher manual (*please see UCL Table of Contents for page number).*

2. Alternating Sweep: This exercise is described in detail in the UCL teacher manual (*please see UCL Table of Contents for page number).*

3. Circle with Energy Activation Symbol: Amplifying golden energy with the intent for balance. This is a group energy exercise that can be used with the class seated in their original seats or if you have a smaller class, in a circle.

- The teacher instructs the students to think of where, to what or who, they would like to amplify energy.
- The teacher instructs the students to have their left hand palm up resting in their lap and their right hand palm up to amplify energy.
- The teacher instructs the class to trace the Energy Activation symbol, followed by each student stating of where, to what or who, they would like to amplify energy.
- The teacher closes with their own loving words.

4. Golden Pyramid of Freedom: To increase the resonance of freedom. Before beginning this exercise, please inform the class that they have a choice of whether or not they want to take part in this exercise.

Describe the Exercise

*You can illustrate on a flip chart what you are explaining.*

a. Explain to the class that they will form a pyramid-like formation with you (the teacher) standing at the capstone (see Fig. 1).

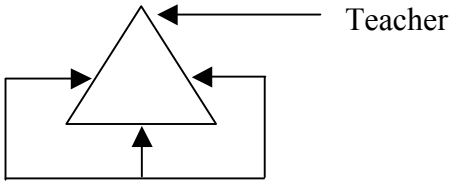



Figure 1

b. Explain that after the class has created the pyramid-like formation, they will set the energy pattern by each of them holding their left hand palm up, under the right hand palm down of the person to their left. Their right hand is held palm down over the left hand palm up of the person to their right, creating an energetic connection.

c. Explain that at this point you (the teacher) will give the intent to co-create the golden pyramid of freedom, pause for a moment and then everyone will relax their arms

d. Next, explain one person will start by standing in the lower third of the pyramid, which is the foundation of the pyramid.

e. Here in the foundation the student will say *I Am Here* (see Fig. 2)

f. Next, they step up into the middle of the pyramid and say *I Remember I Am* (see Fig. 2).

g. And finally they step up into the upper third, the capstone (see Fig. 2) and say *I Am…adding whatever they want to say*, for example, *I Am Joy or I Am Love.*

h. After completing their final statement, the student then returns to their original place and the next student steps into the foundation (lower third) and begins.

i. After all students have completed the pyramid then you (the teacher) close with your own loving words.

*Please remind the class that this exercise is by choice. If they choose not to enter the pyramid, they can simply say "pass".*

j. After explaining the exercise, remind the class that you will guide them through each step. Then, invite the class to form the pyramid and begin the exercise.

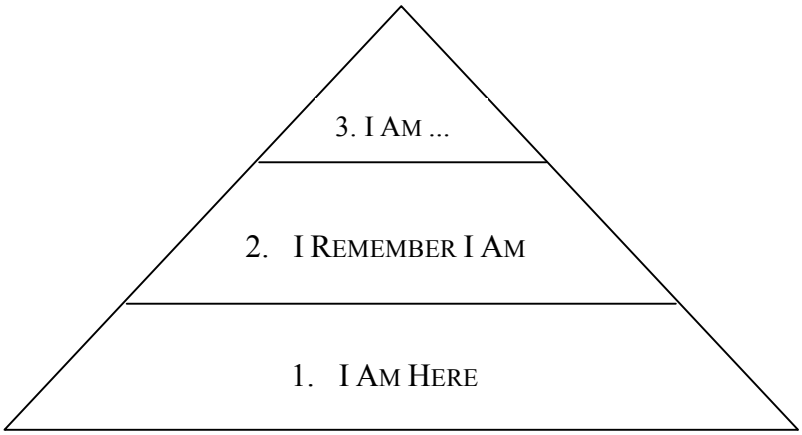



Figure 2

5. Octahedron Exercise: To increase the resonance of home.

Describe the Exercise

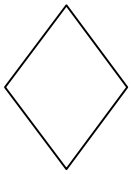
*You can illustrate on a flip chart what you are explaining.*

a. Explain to the class that they will form a octahedron-like formation (see Fig. 1).

b. Explain that to set the energy pattern each student holds their left hand palm up, under the right hand palm down of the person to their left. Their right hand is held palm down over the left hand palm up of the person to their right, creating an energetic connection.

c. Explain that at this point you (the teacher) will give the intent, as the octahedron shaped pattern is set, for the resonance of home. Pause for a moment and then have everyone relax their arms.

Figure 1



d. Explain that each student will take a turn and walk to the center of the octahedron. When standing in the center of the octahedron they take a few moments to sense, feel, or think about what they are experiencing at that moment.

e. As the student in the middle of the octahedron is sensing, feeling or thinking about what they are experiencing, invite the rest of the class to sense feel or think about what they are experiencing at that moment also.

f. After a minute or so invite the class to share some feedback. Silence is ok.

g. After a couple of minutes thank the student and ask them to return to their place and invite the next student into the middle of the octahedron and repeat the process.

h. When the last student has finished, you may close with your own loving words.

# Handout - Student Rotation Form

**You can make copies of the handout on the following page.**

**STUDENT ROTATION FORM**

Directions: This form will remind you of what role each member of your group will fill for each practice session. Take a moment to write in the names of each person in your group.

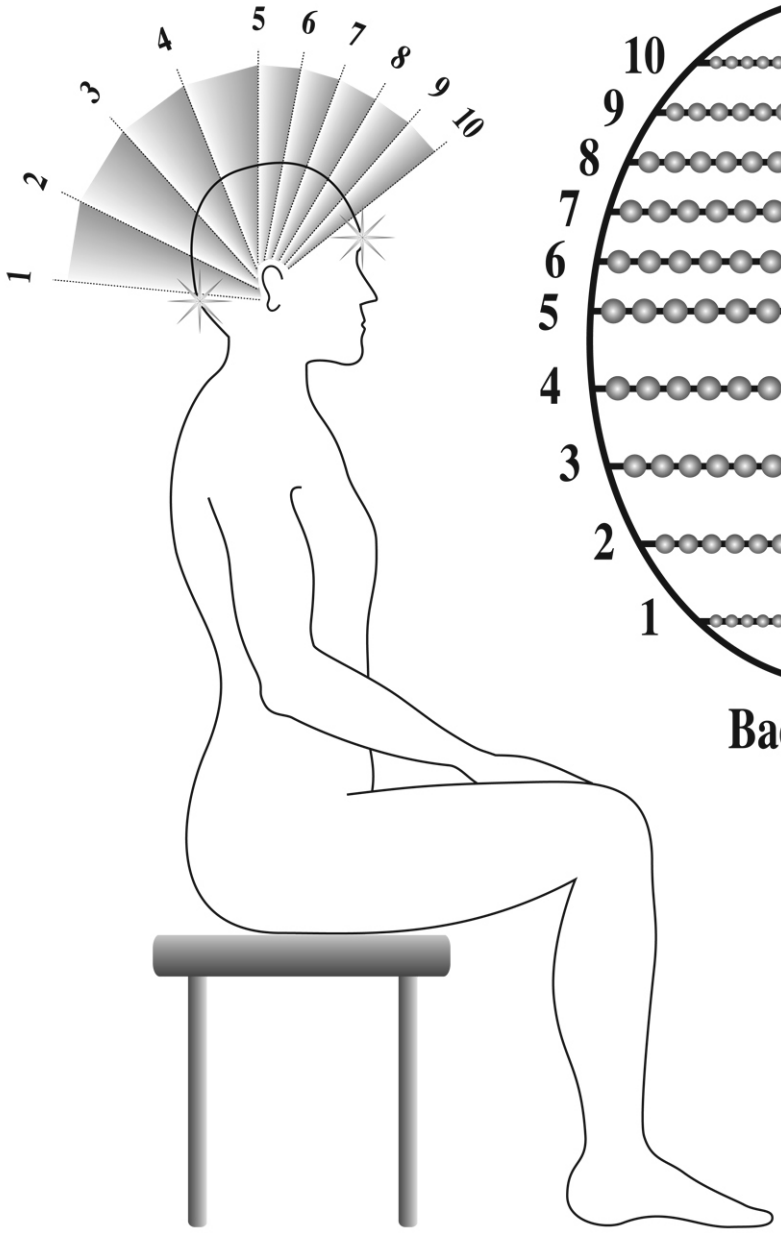
PHASE_____

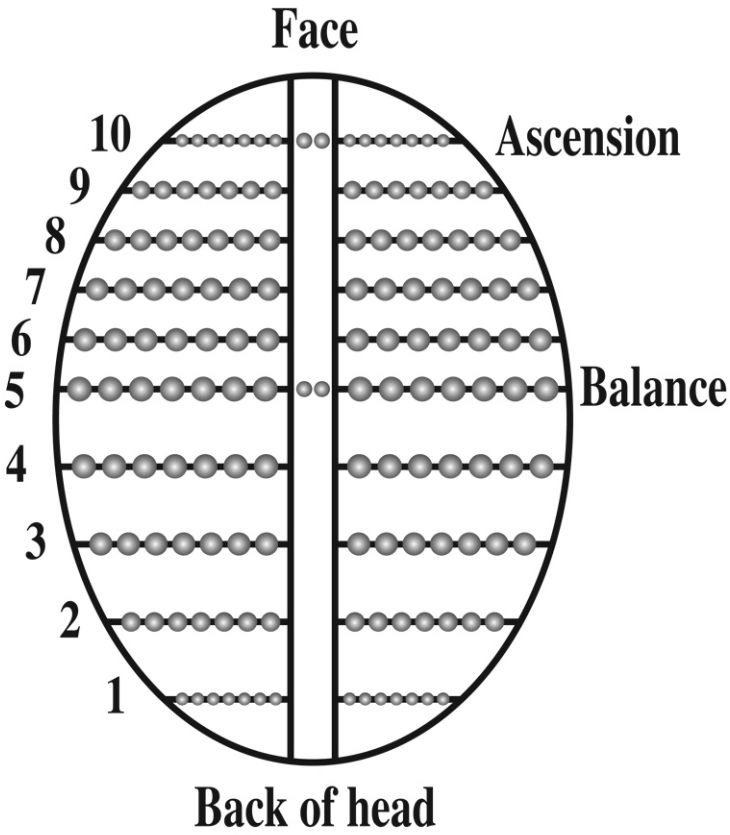
Roles: G = Giver
R = Receiver
O = Observer

| Name | Session 1 | Session 2 | Session 3 |
|---|---|---|---|
| | **G** | **R** | **O** |
| | **R** | **O** | **G** |
| | **O** | **G** | **R** |

# The Arc Exercise

*Phase I*




**7+7=14**

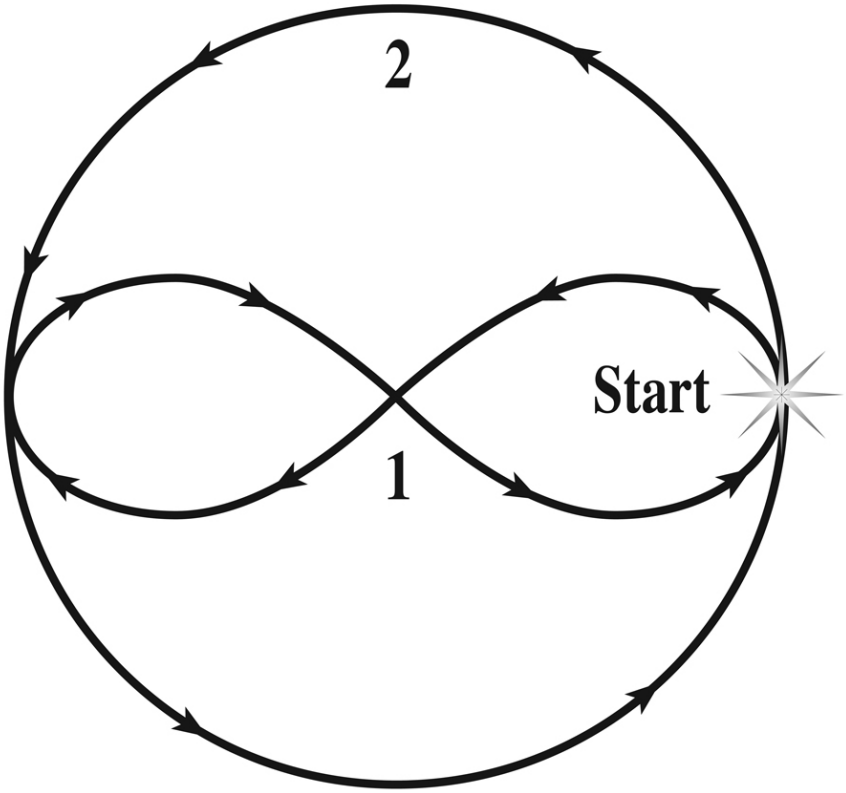
**14x10=140**

**140+2+2=<u>144</u>**

*P I-IV FC #3* EMF Balancing Technique® www.EMFWorldwide.com *4/24/03*

# Symbol Phase I

**Practice before first Phase I Session**



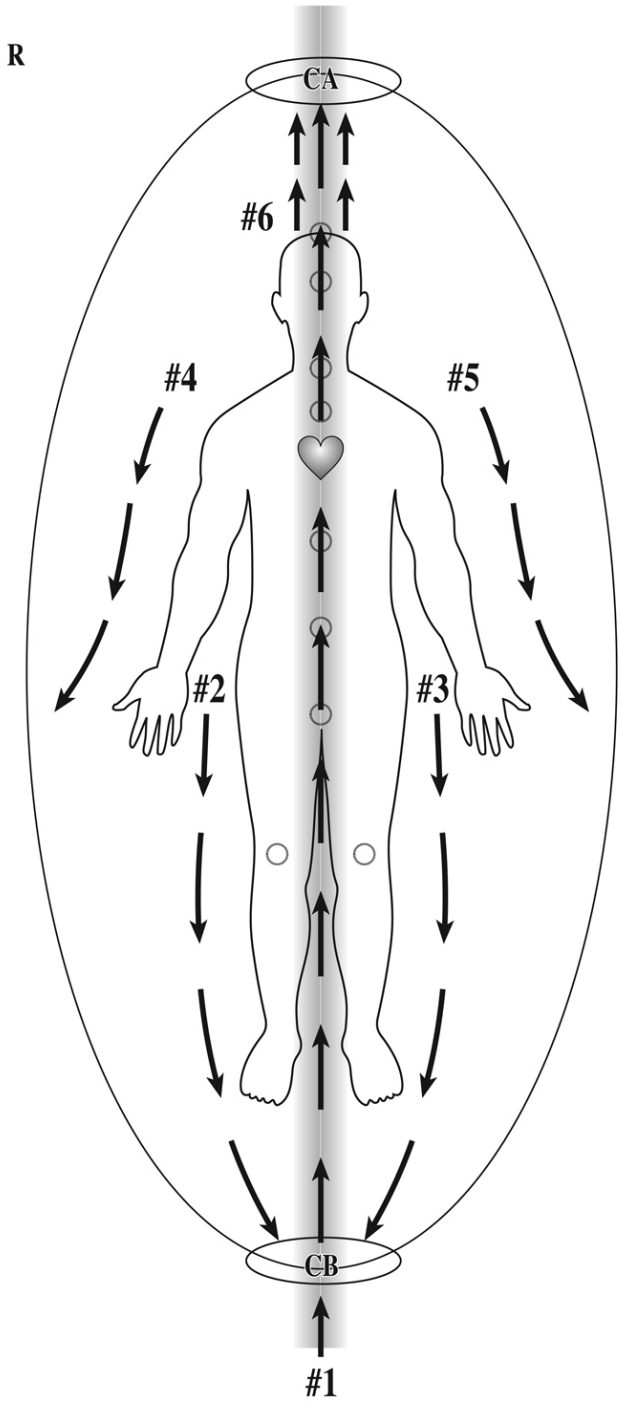

## Student Rotation

| *1st Session* | | *2nd Session* | | *3rd Session* |
|---|---|---|---|---|
| Giver | → | Receiver | → | Observer |
| Receiver | → | Observer | → | Giver |
| Observer | → | Giver | → | Receiver |

# Energetic Body Preparation

*Phases I-IV*

**Done at the beginning of each session**




***Movement #1:***
**Amplify energetic awareness**

***Movement #2:*** **Right leg - amplify energetic awareness**

***Movement #3:*** **Left leg - amplify energetic awareness**

***Movement #4:*** **Right arm - amplify energetic awareness**

***Movement #5:*** **Left arm - amplify energetic awareness**

***Movement #6:***
**Focusing awareness within the heart center**

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# Energy Session

*Phase I*

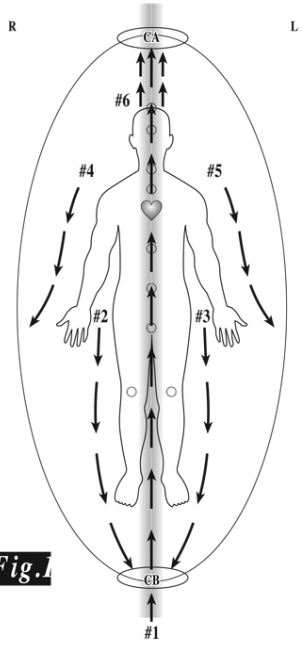



Fig.1

***Step #1:*** **Energetic Body Prep (6 movements)**

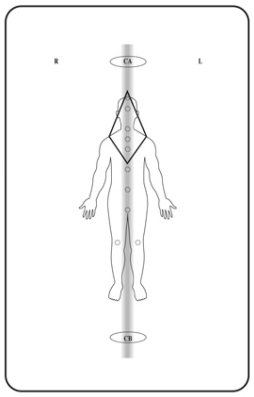
***Step #2:*** **Radiating Core Energy**

***Step #3:*** **Clearing**

***Step #4:*** **Balancing**

**a) Body b) Head**

***Step #5:*** **Closing**



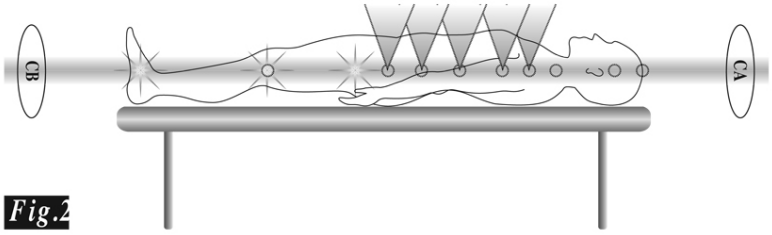




Fig.2

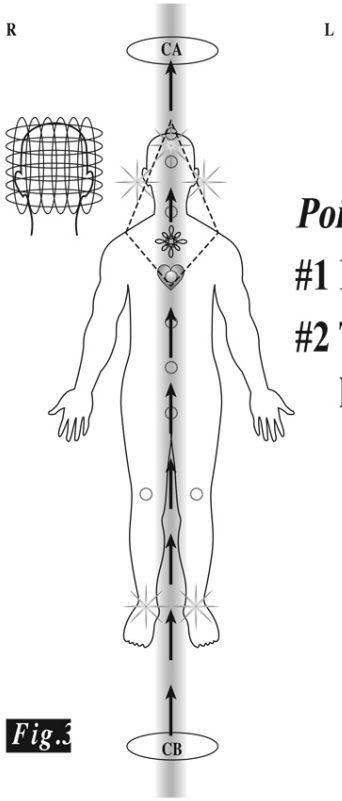
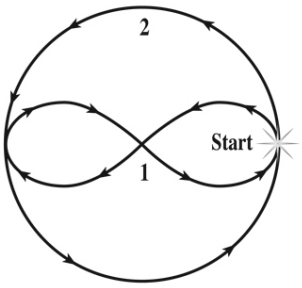



Fig.3

***Points of Contact***

**#1 High heart - thymus**

**#2 Third eye - pituitary - pineal gland connection**



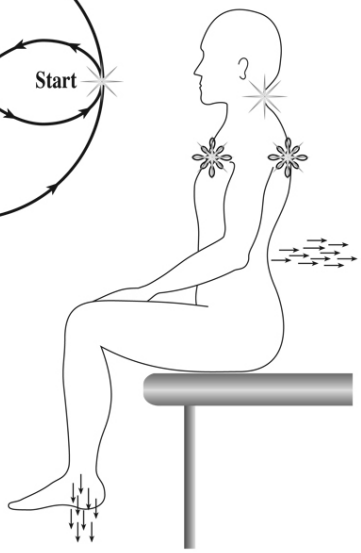



Fig.4

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Notes